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Standout Monday - Page 4**

**Bloodhound Ringo Joins
Quincy Police K-9 Unit - Page 10**



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The Quincy Sun



Quincy's Hometown Weekly Newspaper Since 1968

VOL. 56 No. 17

Thursday, January 11, 2024

\$2.00



MAYOR THOMAS KOCH (right) is sworn in to his seventh term at inauguration ceremonies Monday in the Great Hall, James R. McIntyre Government Center (old City Hall). Administering the oath of office is Brian Palmucci, Associate Justice, Trial Court of Massachusetts and former Ward 4 councillor. Abigail Koch, the mayor's daughter, holds a family Bible as the mayor is sworn in.
Quincy Sun Photos/Robert Bosworth

Koch: 'Our Work Is Far From Done'

*Quincy's 33rd Mayor
Begins 17th Year In Office*

By **SCOTT JACKSON**

As he began a new term on Monday, Mayor Thomas Koch focused on Quincy's upcoming 400th anniversary in 2025, touting plans to build a new home for

the Massachusetts Tribe at Squaw Rock, plant heritage trees across the city, and break ground on a new performing arts center.

Koch, who turns 61 later

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LT. GOV. Kim Driscoll (left) and Mayor Thomas Koch (right) join in the singing of "God Bless America" at the conclusion of Monday's inauguration.



THE CITY COUNCIL elected a new council president following Monday's inauguration. Here outgoing president Councillor At-Large Noel DiBona (right) passes an oversized ceremonial gavel to new president Ward 3 Councillor Ian Cain. Story begins on Page 3.



THREE NEW CITY councillors took the oath of office along with their six colleagues following the inauguration of Mayor Thomas Koch Monday morning in the Great Hall, James R. McIntyre Government Center (old City Hall). From left to right: Councillor At-Large Scott Campbell, Ward 5 Councillor Daniel Minton and Ward 2 Councillor Richard Ash.



More Middle School Honor Rolls - Page 6
Setting New Intentions By Lori Scott - Page 7
County Real Estate Dips In December - Page 14

More Quincy news:
The Quincy Sun.com

Koch Begins 7th Term: 'Our Work Is Far From Done'

Cont'd From Page 1

this month, was sworn in to his seventh term as mayor, and third four-year term, on Monday morning. Already the longest-serving mayor in Quincy's history, Koch is now in his 17th year in office.

Koch was sworn in by Judge Brian Palmucci, the former Ward 4 city councillor, in front of a standing-room-only audience inside the Great Hall of the McIntyre Government Center during a 70-minute ceremony that also included the organizational meeting for the City Council. The mayor was sworn in on a Bible gifted to him by his late mother, Simone, which was held by his daughter, Abigail.

During his inaugural remarks delivered after shortly taking the oath of office, Koch said Quincy is in a good place as it approaches the quadricentennial of its settlement in 1625 next year.

"My friends, we are on the eve of a very important year. In 2025, less than a year from today, we will celebrate the 400th anniversary of this community's settle-



IN HIS INAUGURAL address, Mayor Thomas Koch focused on Quincy's upcoming 400th anniversary in 2025, touting plans to build a new home for the Massachusetts Tribe at Squaw Rock, plant heritage trees across the city, and break ground on a new performing arts center. Koch began his seventh term and 17th year as the city's mayor Monday.

Quincy Sun Photo/Robert Bosworth

ment. And we will do so on a bedrock foundation of stability the likes of which

we have never seen," Koch said.

"This happens only

through the work and collaboration of virtually everyone I mentioned ear-

lier — our City Council, our state delegation, our School Committee all coupled with the day-to-day efforts of our firefighters, our police, teachers, our laborers and office staff, department heads, our business leaders, labor leaders, nonprofits, civic organizations and an engaged citizenry — all pushing in the same direction. All pushing, despite our differences, to create a Quincy that will make future generations proud.

"In so many ways, Quincy is soaring. Our schools, our first responders, our infrastructure departments are better equipped and better funded than at any time in a generation. By the ways we measure quality of life — education, public safety, property value, access to parks and amenities, our cultural diversity, our availability of social services and the ability to be lifted from poverty, we're right at the top among the commonwealth's largest cities. And today, we outperform dozens of smaller cities and towns that not too long ago families might have considered as an upgrade from our

beloved city."

There is more work to be done, Koch continued, touching on several projects already in the works, including new developments in the downtown, new schools, and a new municipal broadband network, among others.

"Our work is far from done," the mayor said. "Historic private investment has led to the creation of thousands of new jobs citywide and millions of dollars in new revenue to provide services to our residents. This year we'll break ground on multiple major projects in the downtown, bringing specialty retail developed by DJ MacKinnon and Atlantic Development, more needed housing, and a major medical office developed by FoxRock and operated by Beth Israel Deaconess Medical Center to an area that after more than 40 years of decline is once again driving our economy.

"We're building new schools — the DeCristofaro Learning Center opening this year that will be a model for educating children with autism at the local level; the

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Veterans Post Commander George Bouchard Wins \$1 Million Raffle

By SCOTT JACKSON

George Bouchard has extra cause to celebrate in the new year after winning the top prize in a raffle organized by the state lottery.

The commander of Quincy's American Legion Morrisette Post, Bouchard

won the \$1 million top prize in the Mass. Millionaire Holiday Raffle, which was drawn shortly after midnight on Jan. 1. Bouchard said he purchased two \$10 raffle tickets at the Post, and was able to turn that into \$1 million, before taxes.

"I'm very happy with it," Bouchard said Jan. 3rd in a phone interview. "It's a nice nest egg that can sit in my bank account and when things come up, I don't have to worry about them."

Bouchard said he did not watch the raffle draw-

ing live when it happened, but knew something was up when he was doing finances for the Post and noticed it received \$10,000 from the state lottery — the Post was given that money for selling the winning ticket. A friend later called Bouchard to tell him that the Post had sold the winning ticket, at which point Bouchard checked his tickets and saw that he won.

Bouchard planned to collect his prize this week after sitting down with a financial advisor; on Jan. 3rd he said he expects to receive \$600,000 to \$700,000 after taxes.

"I plan to buy myself a few things, buy my daughter a few things, and relax a little," he said, adding that one item he might purchase

with his winnings is a new vehicle, and that he hopes to do some traveling as well.

Bouchard, who is the graves registration officer

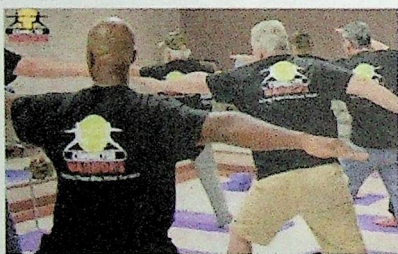
for Quincy's Veterans' Services Department, plans to continue working for the city.

"I love my job," he said.



GEORGE BOUCHARD, commander of the Morrisette American Legion Post in Quincy, has won \$1 million in a Massachusetts State Lottery holiday raffle.

Quincy Sun File Photo/Robert Bosworth



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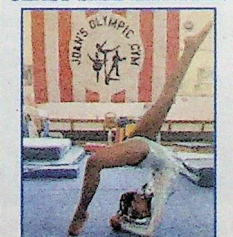
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Ward 3 Councillor Ian Cain Elected Council President

By SCOTT JACKSON

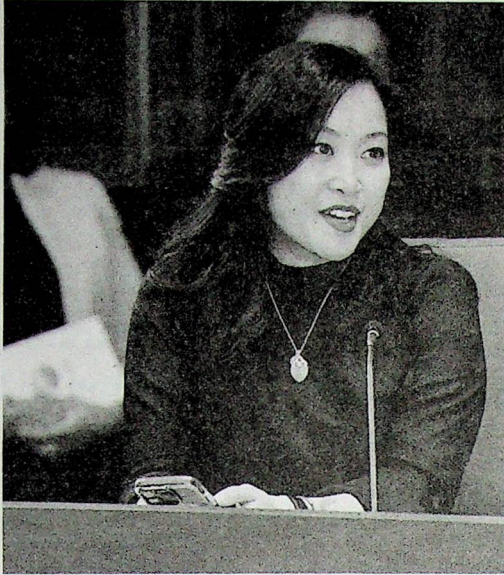
After being elected president of the City Council on Monday, Ian Cain said he and his colleagues would continue to work on behalf of the residents of the city.

Cain was unanimously elected president of the City Council by his peers on Monday, shortly after all nine city councillors were sworn in by City Clerk Nicole Crispo. Cain is now in his fifth term as the Ward 3 councillor.

In his remarks following his election as council president, Cain said he was grateful to his parents, his colleagues in government, and the residents of the city.

"Today I am thrilled with gratitude. But for what, I suppose it depends. For my parents, John and Katie, who gave me all that I need – a home, stability, a compass and love. A total package, given to succeed. For my colleagues in government throughout the city and here in this great hall, for your belief in my capacity to work collaboratively and do right for all. For the residents of Quincy, especially those in Ward 3, for five times giving me the opportunity to be all that I can be," Cain said.

"This journey in service that began eight years ago this week, it's hard to be-



COUNCILLOR AT-LARGE Nina Liang nominated Ward 3 Councillor Ian Cain to serve as the council president in 2024. The nomination was seconded by outgoing president Councillor At-Large Noel DiBona. Cain was unanimously elected president by his fellow councillors.

lieve this wasn't a place I intended to seek. I've been blessed with experiences that have taken me far and wide, I just couldn't have imagined the education Quincy would provide."

Cain said the City Council will be a strong, cohesive group; will keep an eye on the city's finances; and will work to put in place a new municipal broadband network.

"In this special place we call home, we each have a

role to play, to cherish its history, connect to its future, to ensure tomorrow a brighter day. Speaking of which, a preview of the next two City Council years. A strong cohesive group, each member elected by their

peers. We shall continue to do the business on behalf of the good people of the city. All the while I promise you, keeping a keen eye on the kitty," Cain said.

"At good long last I'll tell you, our heads finally out of

the sand, no more hostage to Comcast – we will soon have our own broadband. I must acknowledge the mayor, through whose effort and vision have to come life, a dear friend, colleague and partner, but let's not forget

about his wife.

"There is nothing more than I appreciate than a person who is succinct, so today I will live my beliefs, and make this speech ever more distinct. But one more

Cont'd On Page 13



WARD 3 Councillor Ian Cain is sworn as the new president of the Quincy City Council by City Clerk Nicole Crispo at Monday's organizational meeting following the inauguration of Mayor Thomas Koch in the Great Hall of the James R. McIntyre Government Center (old City Hall.) Quincy Sun Photos/Robert Bosworth

Home Energy Savings, Heat Pump Workshop

A Home Energy Saving and Heat Pump Workshop will be held Sunday, Jan. 14 from 2 to 3:30 p.m. in the Community Meeting Room at the Thomas Crane Public Library, 40 Washington St. and online via Zoom.

Join the Thomas Crane Public Library for an informative workshop designed to transform your home's energy efficiency, co-hosted by QARI and Neeeco. The workshop will feature experts from HeatSmart Alliance and Eastern Bank.

This event will be held in person at the Thomas Crane Public Library and will also be live-streamed on Zoom for participants who are unable to attend in person. The seminar will be conducted in English and Mandarin Chinese. Translation will be available both onsite and through Zoom. To register, visit the Crane Library website.

Participants will learn the impact of Mass Save programs in reducing energy expenses, potentially saving up to 20 percent on heating costs for homes, and explore discounts of up to 100 percent on home insulation projects. Participants will also learn about potential rebates of up to \$16,000 for energy-efficient heating and cooling systems through Mass Save, the operational principles of highly efficient heating systems, along with government incentives available for purchase and installation.

Following the workshop, experts will be available onsite to assist participants with a no-cost home energy assessment. Refreshments will be provided on-site.

To learn more, visit QARI's Community Initiatives Department website at www.qarius.org/environmental-initiatives.

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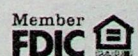
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The Quincy Sun

(USPS 453-060)
Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Publisher and Editor

Henry W. Bosworth, Jr.
Founder
1968 - 2009

\$2.00 per copy newsstand • \$48 per year in Quincy
\$50 per year by mail outside Quincy • \$60 out-of-state

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Moments in time

THE HISTORY CHANNEL

- On Jan. 22, 2006, Evo Morales became Bolivia's first indigenous president, with a primary focus on fighting poverty and reducing the influence of transnational corporations. As more than half of the country's population identified as indigenous at the time, political analysts drew comparisons with the election of Nelson Mandela to the South African presidency in 1994.
- On Jan. 23, 1986, the first musical artists were inducted into the Rock & Roll Hall of Fame, including Elvis Presley, James Brown and Ray Charles. Generally, the number of inductees each year ranges from about a half-dozen to a dozen.
- On Jan. 24, 1908, the first Boy Scout troop was organized by cavalry officer Lieutenant General Robert Baden-Powell in England, who had also written a book called "Scouting for Boys." Two years later, Baden-Powell went on to organize the Girl Guides as a separate entity.
- On Jan. 25, 2005, more than 300 people died in a stampede at the Mandher Devi Temple in India during the annual Kalubai Jatra pilgrimage, which takes place during the first full moon of January and is marked by animal sacrifices to the goddess Kalubai. The pilgrimage attracts over 350,000 Hindus every year.
- On Jan. 26, 2014, two white "Peace" doves released by Pope Francis were attacked by a seagull and crow shortly after they were set free. Thousands of people witnessed the attacks, as they had been observing the Pope's Angelus prayer.
- On Jan. 27, 1944, following the loss of hundreds of thousands of Russian lives, the siege of Leningrad was finally broken after 872 days, during which German forces had allowed no food or medical supplies to enter the country.
- On Jan. 28, 1917, U.S. forces gave up searching for Mexican revolutionary Pancho Villa after nearly a year, following his massacre of 16 American citizens at Santa Isabel in northern Mexico and another 17 U.S. citizens in Columbus, New Mexico. President Woodrow Wilson had sent U.S. forces into Mexico with orders to capture Villa dead or alive.

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Maintaining an outdoor compost pile through winter months will produce fertilizer for planting in the spring, and can act as a secondary heat source for a greenhouse. To keep compost active over winter, feed it the right balance of green (nitrogen) and brown (carbon) ingredients. Green scraps will be produced in your kitchen over the winter, but most of the brown matter such as dried leaves, straw and plant debris will have been produced in the fall. Gather these types of materials, bag them and store them in a dry place near your compost, so you can balance the green scraps that are added through the winter. - Brenda Werner

Source: learn.eartheasy.com

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New Squantum School Community Meeting Jan 17

Mayor Tom Koch and Ward 6 Councillor Bill Harris invite the public to a community meeting to review the progress on the new Squantum School project currently in development in partnership with the Massachusetts School Building Authority.

The meeting will be held Wednesday, Jan. 17, at 6 p.m. in the Squantum School gym.

Since the Community Meeting held in September, city officials said tremendous progress has been made in finalizing the programming and the preferred design for the new school building. The project team consisting of Mayor Tom Koch; Quincy Public Schools Supt. Kevin Mulvey, the Superintendent's Leadership Team; Squantum School

Principal Steve Sylvia, the School Building Committee, the Department of Public Buildings, as well as Owner Project Manager PCA360 and the architectural firm Arrowstreet, will share project information with the school families, the Squantum community, as well as all residents of Quincy.

The city also announced that the project website has gone live. The Project Manager PCA360 and architects from Arrowstreet have collaborated to launch this site and will be adding more plans and information as the project advances. Visit <https://squantschool.com/> to get all the latest information. Updates will be posted regularly to keep the community informed of the progress of this project.

Standout Monday In Honor Of MLK, Jr.

The StandOutQuincy4BlackLives Group invites the public to a standout in Honor of Rev Martin Luther King, Jr. on Monday, Jan. 15 from 2 to 3:30 p.m. outside the United First Parish Church in Quincy Center

The group will listen to music and reflect upon the Civil Rights leader's words.

All are welcome. There is a ramp accessible for wheelchairs.

City Hosting MLK, Jr. Breakfast Monday

The City of Quincy will host a Martin Luther King, Jr. Breakfast in memory of the Civil Rights leader Monday, Jan. 15 at 9 a.m. in the Quincy High School cafeteria.

Special guest speaker will be City Council President Ian Cain.

The public is welcome to attend.

'Mean Girls' Topic Of Library Virtual Program Jan. 22

The Thomas Crane Public Library will celebrate a book birthday and invites the public to join virtually on Monday, Jan. 22, from 7 - 8 p.m. for a discussion with author Jennifer Keishin Armstrong on her upcoming book, "So Fetch: The Making of Mean Girls (And Why We're Still So Obsessed With It)," which releases on Jan. 16.

"So Fetch" releases soon after the rebooted Mean Girls movie premieres in theaters. Armstrong will discuss one of the most iconic teen comedies of all time, in which she reveals how it happened, how it defined a generation, "like, invented" meme culture, and why it just won't go away. The book is filled with exclusive interviews from the director, cast, and crew - Lindsay Lohan, Rachel McAdams and Tina Fey.

To register visit the Crane Library website.

Jennifer Keishin Armstrong has written seven books, including the New York Times bestseller "Seinfeldia: When Women Invented Television;" "Mary and Lou and Rhoda and Ted;" and "Sex and the City and Us." Formerly a staff writer at Entertainment Weekly, where she worked for a decade, her writing appears in many publications, including BBC Culture, The New York Times Book Review, Vice, New York magazine, and Billboard.

Four On SNHU Dean's List

Four students from Quincy have been named to the Dean's List for the fall semester at Southern New Hampshire University in Manchester, N.H.

They are: Ilyass Hattal, Tracy Poirier, Alser Nunez and Jonathan Costello.

READERS FORUM - MORE ON PAGE 5

Frank Santoro, A Champion For Kids

Throughout my four decades, beginning in the late 1970s, working with and striving to bring about the best interests of children and families who found themselves before various jurisdictions within the Massachusetts Trial Court, I came to understand and advocate with a fundamental concept in mind that in recent years much has been written about. The fundamental principle that every child deserves a champion; an adult that forges a steadfast connection with a child, an adult whose strength is kindness and compassion who helps build in the child a sense of self-worth and ensures they become their best self.

The principle seems pretty basic and a dynamic that should exist within every family but in far too many instances for a variety of reasons, it does not. No doubt my experience was skewed by the nature of my work but what I found in many instances was the responsibility of being a child's champion often fell to someone outside of the family construct; perhaps a mentor, a coach, or quite frequently, a teacher.

As a professional in the Family Court, I had the good fortune of encountering many of these champions across the Commonwealth but the one who is the subject of this letter I have known for most of my life from our days growing up in Montclair. His name is Frank Santoro. For 42 years he labored in the vineyard of education as a teacher, assistant principal and principal with stints teaching in Boston, Brookline and Quincy schools. He concluded his education vocation in the role of principal of Quincy High School from 2004 on where he oversaw the transitioning from the old school to a new state of the art facility and from where he retired in 2013. It was no simple task but he ensured every student navigated that transition with great success. Some might say that was his job, but this man always went well beyond the scope of his job responsibilities. He was ubiquitous in support of the students at every level of his career not only in his attendance at every student function you can name (athletics, drama, band, an art festival, robotics etc come to mind) but equally important in supporting the personal academic and emotional success of every student he encountered. Former School Superintendent Richard DeCristofaro once observed that Frank "always, always focused on those kids and their future, and making sure that

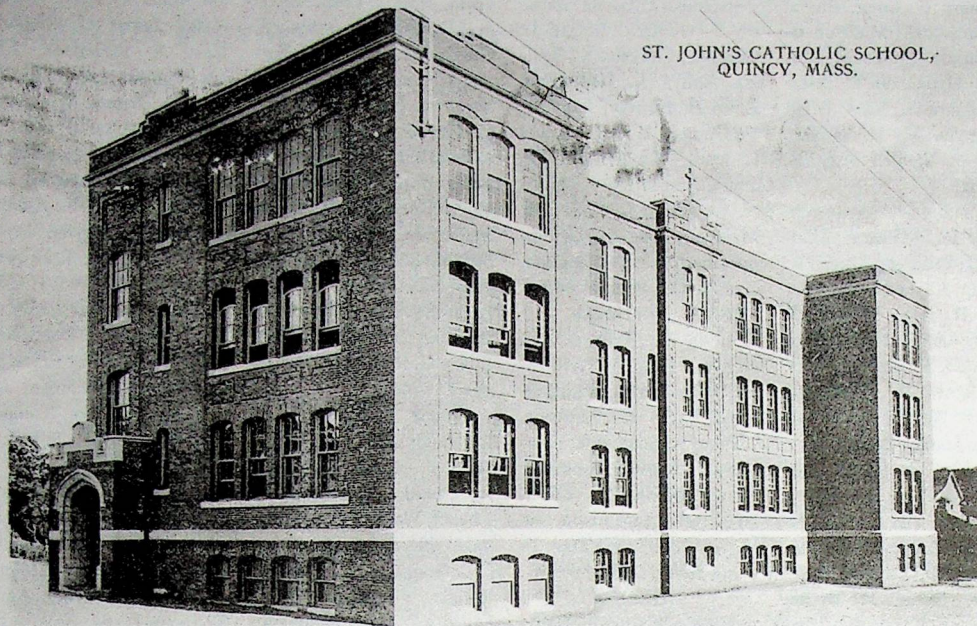
there was a light at the end of the tunnel for every kid".

It is an understatement to say that he impacted the lives for the better of thousands of children in Quincy and beyond in his vocation as an educator. But Frank also went beyond the day to day in his commitment to the best interests of kids through public education as a teacher and administrator. Additionally, he brought his wide breadth of knowledge, hands on experience, and passion to the forefront in his service on the Quincy School Committee in two tours of duty first for 8 years beginning in the 1980's when my own kids were in the QPS and most recently in a 4 year term just concluding with my grandkids in the system. Frank's vast and superior institutional knowledge of education from his lived experience and his effective linking of his volunteer service on the Quincy College Board of Governors connecting students programmatically and Quincy Asian Resources connecting this organization's efforts to the high percentage Asian student population, has been of great informational and practical benefit. Frank's innate passion to serve and the foundational skillsets he possesses will be sorely missed on the school committee as he passes the torch but he will no doubt continue to find ways to be impactful as a champion for students of all ages. If you see Frank around Quincy, wish him well and thank him for his 5 decades of service and being a champion for kids.

Kevin F. Coughlin,
Retired Chief Probation Officer
Former City Councillor

As a footnote, to support the inspiration of those students who wish to emulate his example the Montclair Wollaston Neighborhood Association will commence in May 2024, the Frank Santoro Book Award for students graduating from North Quincy High School who attended the Montclair School (both Frank's alma maters) and who are interested in pursuing a career in a field that will champion the needs of children, for example; teaching, social work, child psychology etc. Anyone interested in donating to the MWNA to support this award may send a donation made payable to the MWNA with "Frank Santoro Book Award" in the memo. These may be sent to MWNA, c/o Kevin F. Coughlin, Secretary, 19 Small Street North Quincy MA 02171.

Scenes From Yesterday



ST. JOHN'S CATHOLIC SCHOOL,
QUINCY, MASS.

THIS IS AN OLD POSTCARD view of St. John's Catholic School on Phipps Street in Quincy Center. Opened in 1909, it was the first and for many years the only parochial school in Quincy. The first class graduated in 1913 the year this postcard was postmarked. Thousands of Quincy youngsters attended classes here until 1974 when the parish council decided to close the school. After its closing, the building for many years was used for religious education and was also home to a number of self-help and social service organizations.

Father Bill's Place had its beginnings in the basement here in the late 1980s and a section of the basement was still set aside for use when the main shelter on Broad Street was overcrowded. After considerable deterioration, the structure was demolished in August 2011. Over the years, five of Quincy's Catholic parishes had parochial schools. Today, there once again is only one: Quincy Catholic Academy next to Sacred Heart Church in North Quincy.

From the Tom Galvin Postcard Collection

Library To Host MLK, Jr. Day Movie Screening: Selma

The Thomas Crane Public Library will host a movie screening of "Selma" in recognition of Martin Luther King, Jr. Day. The screening will be held Wednesday, Jan. 17 from 6 to 8 p.m. in the Community Meeting Room, Main Library, 40 Washington St., Quincy.

The movie screening is a meaningful way to reflect on the struggles and triumphs of the Civil Rights Movement and to celebrate the lasting impact of Dr. King's vision for a more just and equitable society.

"Selma" is a historical drama based on the 1965

Selma to Montgomery voting rights marches initiated and led by civil rights activist James Bevel. The movie is rated PG-13, attendees under 13 years old should be accompanied by an adult. Hot cocoa and tea will be provided by the Thomas Crane Public Library staff.

Attendees are also welcome to bring their own refreshments.

The event is free to attend and no registration is required.

The screening is sponsored by Friends of the Thomas Crane Public Library.

READERS FORUM

StandOutQuincy4BlackLives Group

Taking Hiatus From Weekly Gatherings

Will Gather For MLK Day Jan. 15 On Portico Of UFPC

Dear Quincy Sun Community;

On behalf of the StandOutQuincy4BlackLives Group, we share the word that our group is taking a hiatus from our weekly gatherings, however, we do intend to gather for MLK DAY on the Portico of the UFPC as has been our custom for the last several years.

What began as a wish for a community presence in support of Black Lives after the powerful and poignant vigil for George Floyd, gradually grew into a goal, and eventually a reality that is StandOutQuincy4BlackLives. For well over 3 years our weekly StandOut on Thursday afternoons has greeted all those who passed by or drove through Quincy Center, providing comfort and welcome to many, while comforting the few who cling to racist ideas. The message was well received, and many folks shared that they found hope and great encouragement from our message.

The stalwart members of our group found strength and camaraderie with each other. We worked together to promote the goals of Diversity, Equity, Inclusion and Belonging by our weekly actions, lobbying the Mayor and City Council, letter writing and working with Councillors Mahoney and Liang. In addition, we have supported other group actions, providing a quickly mobilized force when called for, whether to support students in protest at Quincy High School, Principal Ford calling out racism - also at Quincy High

School, and most recently protesting the show of hatred by White Supremacist Neo-Nazis at Eastern Nazarene College.

We have been so graciously supported and hosted by the UFPC, through the Ministerial Staff and Board of Directors as well as the members and we are filled with gratitude. We've joined with other activist groups and rallied together, achieving community goals, and it has been empowering.

Our plan now is to step back to review our direction and goals for the year to come. Through our actions, we feel that we have contributed to a sense of hope for our city, encouraging an attitude of welcome, belonging, and safety for all its residents.

We invite everyone in the community to join us on Monday, Jan. 15th from 2-3:30 p.m. on the Portico of the United First Parish Church to honor of Martin Luther King, Jr.. All are welcome; we are accessible with a ramp.

In Solidarity,

Mimi Balsamo

Claire Fitzmaurice

Coordinators, StandOutQuincy4BlackLives

Ryan Gately Earns Honors At Husson University

Ryan Gately of Quincy has been named to the Honors List for the fall semester at Husson University in

Bangor, ME.

Gately is studying toward a degree in mass communications - journalism at Husson.

Quincy's Yesterdays

This Week
2002
22 Years Ago

Phelan Sworn In As 32nd Mayor

William Phelan, sworn in as the 32nd mayor of Quincy, said public safety would be the number one priority of his administration during his inaugural address Monday morning in the Lloyd Hill Auditorium at Quincy High School.

"We face a world changed utterly and completely by the horrifying events of Sept. 11 (2001)," Phelan told audience members who packed the 515-seat auditorium to witness the new mayor take the oath of office with members of the City Council and School Committee.

To that end, Phelan said he would appoint a Commission on Public Safety to establish an emergency policy for the city with clearly defined guidelines and an equally clear chain of command.

Phelan, 42, who was sworn in as mayor by former Mayor and current Clerk Magistrate Arthur Tobin, his father-in-law, also reaffirmed his commitment to zero-based budgeting, urged business and community leaders to join with him in sponsoring a citywide school fundraiser to provide for state-of-the-art technology, and asked the City Council to establish an Office of Constituent Services "to make government more accessible to the people whom we serve."

Among those attending the inauguration were five former mayors: Walter Hannon, Joseph LaRaia, Arthur Tobin, Francis McCauley and James Sheets.

The inauguration also included the election of a new City Council president and vice chairperson of the Quincy School Committee.

Ward 2 Councillor Daniel Raymondi was unanimously elected president of the council by his colleagues. He called for the creation of a joint committee of the City Council and School Committee to address the issue of teacher recruitment and retention in the Quincy Public Schools.

"We all understand that recruitment and retention as primarily financial issues and almost all strategies will have a financial impact on the school and city budgets requiring action by both the School Committee and the City Council," Raymondi said in his remarks. "It is clear that the School Committee and the City Council must devise strategies that will recruit and retain the highest quality professional educators in the area."

Besides Raymondi, other city councillors beginning their terms were Greg Hanley (Ward 1), Kevin Coughlin (Ward 3), Bryan Connolly (Ward 4) Doug Gutro (Ward 5), Joseph Newton (Ward 6) and Joseph Finn, Timothy Cahill and Frank McCauley, all at-large.

School Committee member Christine Cedrone was unanimously elected vice chairperson by her colleagues. She pledged to meet the challenges of the coming years and "fulfill the promise" of a new Quincy High School, a new Central Middle School in the renovated former QHS, and a renovated Sterling Middle School.

Cedrone also said challenges will include such issues as the requirements of the MCAS Tests, budgetary constraints and the upcoming contract negotiations with all Quincy Public School employees.

Re-elected members of the School Committee sworn in to four-year terms were Jo-Ann Bragg, Ronald Mariano and Michael McFarland.

QUINCYISMS

Quincy College's largest January graduation class - 220 graduates including 42 from Quincy - received diplomas at the college's winter commencement in the Quincy High School auditorium. Graduates were presented associate of arts and associate of science degrees. . . **City Clerk Joseph Shea** was unanimously re-elected chairman of the Quincy License Board. Shea was first elected chairman in November, 1992 following the retirement of **John Gillis**. **Fire Chief Thomas Gorman** was unanimously re-elected to his fourth term as vice chairman of the board. . . Featured films at the Wollaston Theater on Beale Street were "Spy Game" with Robert Redford and Brad Pitt and "Bandits" starring Bruce Willis and Cate Blanchett. All seats \$3.50 (Monday and Tuesday Dollar Night). . . Mayor Phelan announced members of his executive staff: **Laurie Allen**, who grew up in Squantum and Wollaston, executive secretary; Houghs Neck native **Ronald Donovan**, administrative assistant; **Celeste McGlone**, originally from Quincy Point, executive assistant; and **Kristin Priscella** of South Quincy, assistant to the mayor. . . **Kyle Tobin** scored a hat trick and picked up three assists to lead IBEW Local 103 to a 9-5 win over Mike Morrissey Club in Quincy Youth Hockey Pee Wee Division action. . . Goalie **Patrick Maloney** earned the shutout in Quincy White's 4-0 win over Quincy Maroon in QYH Presidents Division play. . . **Jarred Shields** blasted four goals to lead Doherty & White Inc. to a 5-2 win over Hayes' Dream in QYH Mite Division action. . . Three-level Colonial style townhomes featuring dual master bedrooms, each with its own bath and walk-in closet, started at \$314,000 at Thoreau Woods, 120 East Squantum St., North Quincy.

More Quincy news:

The Quincy Sun.com

230 Students On Broad Meadows Middle School Honor Roll

Two hundred thirty students are listed on the first term honor roll at Broad Meadows Middle School.

HIGH HONORS

Grade 8: Sarah Abouyoussef, Rabab H. Alftelawi, Sayf H. Alsaad, Salvatore R. Altavesta, Gianna M. Beck, Francisco J. Bengoa Croxatto, Joseph R. Charbaji, Katelyn Y. Chen, Lucas Chen, Julian T. Coleman, Darion Crawford, Ella Dao, Cameron I. Debnam, Sarah M. DiRuzza, Patrick J. Doherty, McKenna M. Flibotte, Gisela Floqi.

Ogeday Gumus, Saribell Guzman Aguasviva, Nicholas R. Heim, Tiffany M. Hoang, Darian R. Hockney, Iris Huang, Gabrielle A. Johnston, Caroline A. Kenney, Kathleen L. Kenney, Kristen A. Kirby, Ethan V. Lam, Hai Ming Li, Riley F. Loucks, May A. Malvesti, James C. Menz Jr., Hafssa Messoudi,

Charlotte G. Murphy, Kayla N. Ngo, Mason Nguyen.

John N. O'Connor, Richard K. Peng, Peter N. Pham Jr., Minh C. Phan, Ashlynn E. Robertson, Gianna M. Santos, Kieran J. Sheehan, Santia M. Soto Tejada, Jacob N. Supinski, Jessica Tan, Savanna N. Tran, Johnny Truong, Henry Wu, Yingxin Wu, Nichole Wu, Yuping Yang, William Ye.

Grade 7: Lucianna L. Altavesta, Oliva R. Campbell, Kingston Chan, Jenny X. Chen, Yuen Ho Kyle Chen, Cardin Chung, Grace A. Cross, Abigail N. Dennehey, David J. DiBona, Jolie Dong, Lillian M. Glorieux-Knight, Ryan F. Griffiths, Isabella E. Grundig, Zia L. Kelly, Marek R. Konish, Jaxon A. Kussman.

Kyle V. Lam, Nickolas F. LaMonica, Logan Q. Le, Mariska L. Lencki, Rachael Liang, Owen Y. Liu,

Benjamin C. Long, Bassel L. Marashdeh, Madison B. Markarian, Giuliana K. Monaco, Madeleine R. Murphy, Zahra S. Naes, Brian T. Nguyen, My H. Nguyen, Sofia T. Nguyen, Abishek Parasar.

Vianna M. Schuerch, Sophia R. Sekmokas, Madelyn H. Sollinger, Megan R. Stirling, Layla D. Sullivan, Jason H. Tang, Harrison J. Tinlin, Omaliel Y. Torres Alvarado, Reighan L. Veber, James D. Velasquez, Samira Wang, Wesley R. Zaske, Stanley Zhao.

Grade 6: Rayan Aderbaz, Roisin A. Barry, Brooke I. Baylis, Maria Antonia Bengoa Croxatto, Ryersen D. Bowes, Cory Burke, Shane P. Byrne, Thomas E. Cappadona, Leo B. Cardoso, Olina Dao, Lela Douillard, Jaereene E. Es-toce, Shae E. Flibotte, Devon L. Francis.

Brendan P. Glynn, Zackery J. Godfrey, Aubrie L. Goodine, Choyang K. Gyalpo, Amiya L. Hammond, Keira B. Herlihy, Jaden T. Ho, Amy L. Huang, Manuel L. Jose, Tyler A. Lam, Ciaran C. Lee, Kelly Li, Kyoa H. Ly, Tai D. Ly, Ella M. Marshall, Luke A. Martorano, Charles G. McLaughlin, Kate Y. Mei, Peter N. Menz, Shawn R. Munchbach.

Bella T. Nguyen, Ivy Nguyen, Kou W. Nishizawa, James Pifti, Juliana B. Rand, Varun Sai Saravana, Thomas A. Satkevich, Francesca P. Scarnici, Emma C. Shaw, Simone A. Shishkova, Alvin Tan, Justin Tan, Reda Traibi, David Tran, Ji-aying Wang, Hailey Ye.

HONORS

Grade 8: Christopher L. Baker, Oliver E. Bien-Aime Jr., Matteo J. Bonsignore, Cameron J. Canavan, Bryson D. Cary, Tiffany Y.

Chen, Mark J. Daru, Alexis A. DeAngelis, Skyla S. Guadalupe, Travis J. Harvie, Christopher J. Healey, Soren D. Hickman, Fionna V. Hunt.

Michael J. Knudsen, Yuan Hong Li, Gabriella V. McDonough, Kiera R. McKenzie, Elaine M. McMillen, Samuel J. McMillen, Nicholas J. Mellyn, Aiza Naveed, Gabriel A. Pavidis, Stella J. Purcell, Eliane C. Rodrigues, Benjamin L. Vines.

Grade 7: Hussain H. Alzubaidy, Allegra C. Anis, Holden Blair, Michael R. Castillo, Zakariyaa K. Chaani, Wenjie Chen, Joshua A. Florentino, Jennielys C. Gonzalez Cartagena, Ronald Gonzalez Tapia, Mallory C. Jacobs, Olivia A. Kelly, Charlotte R. Kerfien, Brian M. Lavey.

Molly O. Mandawe, Logan Mann, Brandon J. McInnis, John F. McMil-

len, Mateo D. Ortiz, Ava L. Pham, James O. Rheault, Jesse A. Robertson, Elijah N. Robinson, Kallie E. Saverse, Winnie Wu, Samson J. Zhao.

Grade 6: Azaria A. Abdullahi, Ruqaya H. Alzubaidy, John W. Austin, Bryanna R. Baylis, Jayce M. Bock, Aiden T. Brown, Isaac I. Castro, Will P. Cotter, Mark J. Delfufo, Lily A. Ellis-Buccini, Robensley Francois, Kohen J. Frazzini, Emmett D. Freedman, Jamie M. Freeman, Cooper J. Glynn Burke, Jefferson Huang.

Aissatou Kake, Briana J. Lagrant-Smith, Vincent W. Li, Jack T. MacDonald, Genesis G. Mejia Melen-dez, Declan J. O'Hare, Amir K. Pierre-Louis, Colette D. Ricci, Ava E. Ryan, Dara J. Santoro, Samuel R. Sullivan, Bryson J. Tabbi, Kevin J. Tobin, Caden T. Wallace, Sunny Wu.

144 Students On Point Webster Middle School Honor Roll

One hundred forty-four students are listed on the first term honor roll at Point Webster Middle School.

HIGH HONORS

Grade 8: Alexis Burton, Kellyanne Cabral, Caley Chen, Baiwei Deng, Winta Fessahaie, Manar Gharbi, Amanda Gonzalez, Brian Huynh, Vianna Huynh, Mia Leung, Susheela Mekala, Bonnie Meng, Amira Mohamed, Saesha Nijhawan, Eliana O'Connell, Elizondo Pichardo, Dafny Rodrigues Campos, Vanessa Tran, Janani Venkatesan, Zuyuan Zhuo.

Grade 7: Aisha Anum Aisha Anum, Raed Ali, Hannah Araya, Arhan Saqib Arhan Saqib, Kathy Bao, Hanaa Baouch, Medha Cherala, Marsen Colagene, Jassiah Craig Watson, Natanim DeGefa, Andrew DeLisle, Jaynashka Delva, Yingcong Deng, Emmanuel Ebong, Enrique Foong, Kanish Gopinath, Ketana Gopinath, Thuong Ha, Salma Hadjkacem, Amina Haiti, Donna Huynh, Emmanuelle Kanza, Isabella Kloczkowski.

Amira Laichi, Vy Le, Rowena Li, Maryellen Lopez, Caitlyn Lu, Jaideep Mad-

halam, Nikoleta Martinez, Jaelyn McCarthy, Jacob McClain, Daisy Monteiro, Venkata Mokshith Nakka, Rebecca Ou, Hannah Perdios, Sophonie Pierre, Vincent Qian Cen, Abigail Redeat, Luisana Ruiz Pol, Lelaina Sanchez, Rithick Sasikumar, Henry Sontag, Tavia Tam, Kaylee Tran, Andy Van, Isaac Wong, Yankang Wu, Vincent Zheng.

Grade 6: Ayesha Ararat, Mysha Ariff Basha, Isabella Asbury, Akshith Balaji, Rachel Chong, Angelina Chow, Cillian Connor, Emily He, Stephanie

Inicobelinraj, Patrick Johnson, Selena Nguyen, Angela Pham, Tharun Prabakar, Samiya Richards, Bonnie Rong, Liz Santana Peguero, Suhana Sapru, Eepshitha Somisetti, Rihana Spencer Lima Pereira Neves, Suela Suka, Tiffany Teixeira, Adam Tint, Karen Truong, Rosa Vega Ramos.

HONORS

Grade 8: Odin Boyd, Oliver Bridges, Jhashawn Burrell, Clara Da Silva De Jesus, Swapnil Das, Anelise De Assis, Joao De Oliveira, Santiago Delgado Ramirez,

Habib Goutay, Jaden Gyan, Matteo Kacaj, Amna Khan, Karston Luo, Nicholas Martinez, Giandra Melanson, Cindy Nguyen, Kayden Pena Santana, Christian Raphael, Eleanor Simmons, Kylee Walsh, Zahreh White.

Grade 7: John Rick Caldeira Da Silva, Abigael Charles, Elizabeth Cheney, Edmir De Carvalho Jr., Thayla De Gouveia Faria, Vinh Dinh, Ava Doyle, Sadiqa Fatima, Thomas Geloran, Vincy Lam, Yael Leon, Mohamed Aqeel Nazeer Ali, Rayane Ro-

dolfo Maia, Anna Livia Rodrigues, Aaydn Ruiz, Taiba Shah, Charlotte Smith.

Grade 6: Sanaiya Abelard, Dasha Aprea Cabrera, Fiona Callaghan, Eason Chen, Nia Diferderico, Faith Harris, Anumithra Jayakumar Kokila, Momina Khan, Roel Kodra, Javier Molina Sierra, Hoang Nguyen, Dong Pan, Giana Rodrigues, Olivia Ruan, Sameer Sheikh Dawood, Solmarit Sosa, Xavier Speed, Zason Su, Misael Tejada Gonzalez, Asia Van, Micaela Vidal, Anthony Wang, Kevin Xie.

204 Students On South-West Middle School Honor Roll

Two hundred and four students are listed on the first term honor roll at South-West Middle School.

HIGH HONORS

Grade 8: Constance C. Chen, Tereza Helena Garcia Correia, Juan P. Gentil Doria, Denyrie A. Gilkes, Gabriell D. Gomes, Celeste A. Guerra Rangel, Jasmine Hin, Yizhen Huang, Isouren E. Keinkede, Jason V. Lai, Nevaeh S. Le, Connie Liu, Elaine Liu, Igli Llanaj.

Christopher J. Maderos, Ezechiele Marcelin, Maxwell T. McGuire, Ronan J. McHugh, Chase Ng, Ashley C. Nguyen, Newman Nguyen, Damian D. Pham, Axelians Rodriguez Santiago, Rorie Routhier, Bjorn Sahatqija, Lucas M. Short, Hailey C. Tang, Aya R. Torky, Bill R. Truong, Charlene Truong, Yovina Wang, T'erah H. Williams.

Grade 7: Paige C. Adams-Higginbottom, Melissa

Barroso Sales, Anna Luisa Da Silva Anna, Hannah O. Day, Chantelle L. Decourcy, Ismael Dessaline, Olivia J. Doherty, Ayesha Elisse P. Enriquez, Yuqing Feng, Zhenze Feng, Mason J. Francil, Zachary J. Fry, Kellen S. Geary, Joel M. Graeber, Yuqi Huang, Kana F. Iwasaka,

Kitheka Kathikeyan, Abdullah Khilji, Mark W. Kyne, William Li, Yuet Ying Lo, Isaiah O. Montrond, Jacob D. Moran, Alejandro Mortonta, Amy L. Ngo, Brandon Nguyen, Otero Jeslize, Jhennifer Pinto Chiodi, Emma M. Prendiville, Dioni Qako, Yessika Ziyun Qin Chen, Kamaree C. Smith, Finnegan V. Tedeschi, Giordan Thomas, Giovan Thomas, Zoe C. Tran, Harry R. Truong, Vicky Weng.

Grade 6: Samaya P. Adams-Higginbottom, Robert L. Bailey, Ethan Chen, Vincent C. Duong, Selva M. El-sadek, Aleksia Fero, Raina Tamoya Hanson, Riya Ka-

moya Hanson, Beckham L. Hibbard, Jayden Jean Simon, Kelly Kuang, Zariya Lawal, Kameron J. Lee, Mathia O. Lee, Jack Liu.

Nehemie R. Marcelin, Clark Nathaniel O. Medina, Jaquelin Mui, Yuvan Sai Musunuru, Sara Nbahedda, Naiya S. Patel, Andres I. Perez Rodriguez, Nhi K. Quach, Izadora D. Rosa, Viola Sahatqija, Julia Ailana C. Samson, Michelle X. Setow, Jordan B. Tram, Dominik A. Vatalaro, Miaozheng Wu, Olivia Y. Wu, Carmen Yan.

HONORS

Grade 8: Kokone Aldeco-Graves, Riley E. Anderson, Aadhiithya Sai Balajee, Brendan G. Bazile, Arianeliz M. Castillo Maldonado, Sadie Chaisson, Anise Y. Chan, Jack R. Chella, Shane B. Colmenero, Fabia Lara D. De Oliveira, Pedro Henrique Do Vale Fontes, Ryan P. Eleuteri, Jaliyah O. Elysse, Liam P. Flaherty, Cooper D. Guttenberg.

Ava H. Hathaway, Lloyd

E. Hildebrant, Londin A. Jenkins, William L. Laido, Shlandeh Magalhaes, Kiara N. Moore, Gennessy R. Munoz Rodriguez, Cindy Nguyen, Sulai C. Pereira, Katherine Pham, Gabriella R. Sampson, Joseph Schepis, Rosany M. Soares Mendes, Hayden N. Tierney, Mariam E. Valentin Frias.

Grade 7: Gabriel D. Alves, Ayden Y. Arias, Joel Andrews Bruze, Mary Lac-ey Cawley, Kaike B. Costa Nunes, Gabriella N. Davis, Jackson P. Davis, Jimmy Feng, Zion D. Gales, Simao Galvao Barros, Isabella E. Hancock, Melanie S. Hawkins, Keisha Jean, Norah A. Joseph, Guan Peng Liu.

Alexander J. Martinez, Mariany Matos Rocha, Cassidy S. McCarthy, Hua Hua Pang, Hama Paul, Kenneth Pham, Hope I. Purugganan, Soulaf Mohamed Ragab, Devin J. Read, Braighlynn T. Ronca, Jianalise A. Ser-rano, Haja-Serah Sesay,

Sophia Siakos, Sebastian R. Soto, Grace A. St. Bryce, Aaralyn A. Vargas-Almeida.

Grade 6: McKenzie M. Barter, Jakai N. Brown, Massimo I. Centamore, Hunter D. Clapp, Rian Cobo, Cori S. Dalrymple, Lawrence Deng, Maritza K. Etienne, Joseph P. Gibbons, Bella C. Gorman, Brayden C. Gorman, Rasiah Jean-Louis Wilkens, Cha Laman-dier, Makaiya I. Lambert, Jason Li, Alvin Lin, Sandi Loloci, Kaden Luo, Yihao N. Lyu.

Davi L. Machado De Oliveira, Victor Mai, Anna L. Maloney, Ella P. Marquez, Steven T. Maslauskas, Abigale S. McIntosh, Vienna L. Mei, David Nguyen, Lonnie L. Nguyen, Arianna I. O'Brien, Hunter L. Pitre, Elijah A. Price Castro, Emma J. Purugganan, Efrain S. Rosa, Vansh H. Sadhu, Zaina Salameh, Anthony J. Smith-Knight, Melyssa S. Souza, Besheerah St. Cloud, David H. Tavico-Montanez, Charles F. Taylor, Aiden T. Tran.

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Tips On How To Finally Quit Smoking, Vaping And Menthol Flavored Tobacco

From The American Lung Association

The American Lung Association in the Northeast is encouraging everyone who smokes, vapes or uses other tobacco products to resolve to begin their quit journey in 2024, and provides tips and resources at Lung.org/Quit-Smoking.

Tobacco use remains the leading cause of preventable death and disease here in Massachusetts and Rhode Island where smoking kills 11,080 people each year. Nationally, 16 million Americans live with a tobacco-related disease. While it's best to quit as early as possible, quitting smoking at any age will enhance the length and quality of your life.

"In Rhode Island 12.4 percent of adults smoke and 33.3 percent of high school students use a tobacco product. In Massachusetts, the numbers are similar with 10.6 percent of adults smoking and a whopping 37 percent of high school students using tobacco products," said Daniel Fitzgerald, director of advocacy with the American Lung Association in Massachusetts and Rhode Island.

"We know that breaking the addiction to nicotine is extremely difficult. For most people, it takes multiple attempts to quit tobacco for good. Each quit attempt brings a person closer to reaching their goal. Some tobacco products, like menthol cigarettes and e-cigarettes, make quitting even more difficult, so it is critical that people who are ready speak with their healthcare provider about Food and Drug Administration (FDA)-approved tobacco treatment medications, coupling them with proven effective cessation programs to quit," Fitzgerald added.

Currently, the Food and Drug Administration (FDA) is in the process of finalizing rules to end the sale of menthol cigarettes and flavored cigars in the U.S. Menthol is a chemical compound extracted from peppermint or corn mint plants that makes cigarettes easier to start smoking and harder to quit. Flavored cigars often look similar to cigarettes, attract kids and addict them to tobacco products for a lifetime.

According to the 2023 National Youth Tobacco Survey, 2.1 million high school and middle school students use e-cigarettes. E-cigarettes deliver a high level of nicotine very quickly, and many e-cigarettes contain as much nicotine as a pack of cigarettes. This makes them very difficult to quit. While much remains to be determined about the lasting health consequences of these products, the Lung Association is very troubled by what we see so far. The inhalation of harmful chemicals can cause lung damage and lung diseases.

Here are some of the tips and resources the American Lung Association recommends to successfully quit tobacco:

1. Lung Helpline: Not sure where to start? Call the Lung Association's free Lung Helpline and Tobacco Quitline at 1-800-LUNGUSA, which is staffed with licensed registered nurses, respiratory therapists and certified tobacco treatment specialists.

2. Talk to your Healthcare Provider: Talking to a healthcare provider about your plan to quit smoking is an important step. With your doctor's help, you can include cessation medication into your tobacco treatment plan, which can double your chances of quitting successfully. There are seven FDA-approved medications that are proven to help you quit. Most insurance covers these medications without cost-sharing.

3. Get Help from a Proven Resource: The American Lung Association offers resources to help adults and teens to quit all tobacco products, including Freedom From Smoking to help adults quit, and Not-On-Tobacco (N-O-T), which is specially designed for teens who are ready to quit.

4. Quit. Don't Switch. E-cigarettes are tobacco products, and the FDA has not found any e-cigarette to be safe and effective in helping smokers quit. Switching to e-cigarettes does not mean quitting. Quitting means ending your addiction to nicotine.

For more information about quitting tobacco, visit the American Lung Association website at Lung.org or call the Lung Helpline at 1-800-LUNGUSA (1-800-586-4872). Most health insurance covers medications and counseling to help you quit. If you don't have insurance, you can enroll until Jan. 15 in most states. For more information, visit www.lung.org/openenrollment.

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Setting New Intentions

By LORI SCOTT

The holidays can leave many of us feeling depleted and ready to simplify our lives, our diets, our homes, our relationships, our budgets and our intentions. It's the perfect opportunity to pause and take stock of your life.

Honor Endings

Take this time to rest on the threshold of beginnings while honoring your growth over the past year. Appreciating where you have been is a magical key to moving forward. Feel a sense of gratitude for challenges from your past as they have taught you something useful and have made you who you are today.

Welcome Beginnings

Let your worries or doubts be replaced with a new lightness, a new power as you embrace this new beginning. You have the power to change the course of things, to change your story by integrating what you want to keep and releasing what you have outgrown. See yourself as strong and positive as you welcome anything that will support you in this new beginning.

Celebrate The Present

Learning what you need is important and a big part of a mindfulness practice. Having this knowledge involves being fully present and learning to be satisfied with that moment. When we are fully present, we realize that there's nothing to achieve and nothing to become. We may begin to recognize that we are peaceful exactly as we are, in this very moment.

When we look to fulfill our desires from something outside of ourselves, chasing after external things (a new car or wardrobe), the goal is separate from us. When your intentions are aligned with your true nature, YOU are the source AND the goal.

Tips For Setting New Intentions

While it's exciting to make a list of all your resolutions for the new year, it can also feel like a daunting task to accomplish all of them. To avoid feelings of failure or disappointment, you can start small by reaching your goals with a more mindful approach.

Consider choosing one word to act as a powerful guiding principle in all areas of your life. We must never underestimate the power of one simple word or the power of our intentions.

Journal or reflect on how you're going to welcome the new year by answering the following questions:

What brings you joy?

What do you want this year?

What could you use more of in your life?

What could you use less of in your life?

By the end of the day I feel _____

At the end of the day, I would like to feel _____

You might find that most of your answers point in a certain direction revealing a word that aligns with what's most important for you in the new year. Maybe your word comes easily, maybe it isn't clear just yet. That's okay.

Are there words that mean something to you or help get you to a place where your mind is less cluttered? Maybe there's an activity you do to clear your head when you need inspiration. Thinking through times and places that matter to you can help you discover your word.

Sit with it. Be in no hurry to come up with your word.

MONTHLY MINDFULNESS

By Lori Scott, E-RYT 500

OWNER OF LORI SCOTT YOGA & WELLNESS



Stay with your word for a few days to make sure it reflects what you really want.

Then, share your word. Announcing your word to others can help you own it and lets people know what matters most to you.

Deepak Chopra, MD, world-renowned pioneer in integrative medicine and personal transformation says, "If you follow the inner path using truth and clarity as your compass points, the outer world cannot help but respond to your intention."

Take some time this month to go within and firm up your intentions. Your word will guide you forward with certainty and contentment in all areas of your life because it is not separate from you, it comes from what's most important to YOU. That is a resolution built to last throughout the entire year!

My word is JOY.

What is your word? Send an email to loriscottyoga@gmail.com and share your word, I'd love to hear from you!

May 2024 bring you peace, health & happiness.

Join our yoga community! Our welcoming, non-competitive community meets every Sunday at 8 am at the Fore River Clubhouse, 16 Nevada Rd in Quincy. Class is for all levels, beginner friendly. No yoga experience, flexibility or sign up needed. Together, we practice breathing, slowing down, finding peace and having some fun. 'Easy like Sunday morning' is our motto! Class is \$15/p.

Are you a veteran, service member, first responder or a family member? Connected Warriors yoga classes will begin on Jan. 17th and will meet every Wednesday 5:30-6:30 p.m. at the Richard J. Koch Park & Recreation Complex, One Merrymount Parkway in Quincy. These trauma-informed classes are designed to help manage stress, improve resiliency, increase flexibility, relieve chronic pain and improve sleep. No yoga experience needed. This FREE class is for veterans, service members, first responders and their families.

Lori is an experienced 500 hour Certified Yoga Teacher with Yoga Alliance, Founder & Director of Registered Yoga School (RYS 200) and a Yoga Alliance Continuing Education Provider. Lori specializes in leading retreats, certification programs, 200 hour Yoga Teacher Trainings and facilitating Meditation and Stress Management classes for local corporations.

In addition to teaching yoga, meditation, wellness classes & workshops, Lori is a trained Trauma-Conscious Yoga Teacher offering free yoga to Service Members, Veterans & First Responders. Lori also holds certifications in Clinically-Informed Restorative Yoga, Kids Yoga, Seniors Yoga, Chair Yoga, Balanced Athlete® and Barre. Lori is mostly known in the community for teaching her signature Beach Yoga classes.

www.loriscottyoga.com.

Self-Hypnosis Event At Crane Library

The staff of the Thomas Crane Public Library will present "Keeping Your New Year's Resolutions: Unveiling the Power of Self-Hypnosis" event on Thursday, Jan. 4 from 7 to 8 p.m. in the Community Meeting Room, Main Library, 40 Washington St., Quincy.

This self-hypnosis event will be led by Certified Hypnotist and Personal Coach Peter Gross. The public is invited.

Throughout the event, participants will discover tools to keep themselves motivated and moving forward. Gross will also answer questions about hypnosis, which has helped millions of people make changes to their lives including weight loss, smoking cessation, getting past irrational fears, and improved focus and

confidence.

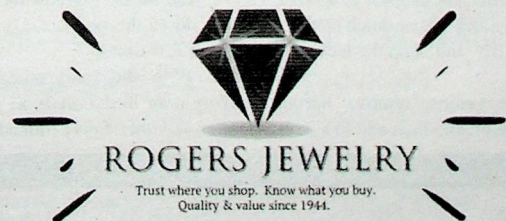
Gross completed hypnosis training in 2002 and has since split his time be-

tween working with clients

and performing hypnosis on stage, including in theaters and cruise ships around the

world.

This event is free to attend and no registration is required.



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WHAT'S COOKING

with
Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Ann Marie's Eggplant, Mushroom And Zucchini Dish

By MARIE

Today's recipe is a combination of vegetables and marinara sauce that my daughter, Ann Marie, has been making recently. Ann Marie uses a combination of eggplant, zucchini and large mushrooms to make this dish. This healthy, hearty, recipe gets many compliments and raves.

Directions and Ingredients

- 1 medium-sized eggplant, cut, quartered and thinly cut
- 1 medium-sized zucchini, cut, halved

and thinly cut

- 1 large mushroom, sliced into small pieces
- 1 and 1/2 cup marinara sauce
- 1 medium-sized onion, thinly sliced
- 3 tablespoons of olive oil

In a large skillet heat oil. Once oil is heated, sauté all of the vegetables until tender.

Add marinara sauce and simmer and stir until all vegetables are tender.

This recipe is a wonderful side dish or can be serve with rice, pasta or an artesian bread.

Winter Minestrone Soup

By SUZIE

This soup recipe by James Tenda of "I'm No Chef" fame is so worth the work making the pesto. The soup part is easy, but the pesto requires some different ingredients than traditional pesto but it is incredibly delicious as well as healthy.

This soup utilizes rich and healthy root vegetables as well as lighter herbs and greens. The perfect soup for the cold weather we are finally "enjoying." Keep warm and fight off sickness with this soup. It also freezes well. Enjoy!

Minestrone ingredients:

- 3 tbsp butter, olive oil, or ghee
- 2-3 leeks, cleaned and chopped
- 1 pound winter or bitter greens, such as collards, kale, dandelion, etc....
- 1 quart chicken or vegetable stock
- 3 cloves garlic, peeled and finely minced (about 2 tsp)

- 1 tbsp fresh chopped thyme
- 2 celery ribs
- 1 1/2 pound turnips or rutabagas
- 1 13.5-ounce can full fat, unsweetened coconut milk

- 1/2 ounce fresh flat-leaf parsley
- Juice of half a lemon
- Salt and pepper to taste

Pesto ingredients:

- 1 ounce fresh flat-leaf parsley
- 4 ounces fresh rosemary
- 1/4 cup fresh oregano or marjoram
- 1/2 cup shelled pistachios, dry roasted
- 1/2 cup Parmigiano-Reggiano (preferably raw), shredded
- 3 cloves garlic, peeled
- Juice of half a lemon
- 1/4 teaspoon salt (omit if using salted pistachios)
- 1/2 cup extra-virgin olive oil

INSTRUCTIONS:

1. Add the butter, oil or ghee to a large, heavy-bottomed stock pot or dutch oven.
2. Clean, quarter, and chop the leeks and set aside.
3. Wash the greens, remove fibrous stems (if necessary), and then add to a large

skillet with 1 cup of stock and cover tightly with lid.

4. Wash and trim the ends of the celery. Cut in half lengthwise, chop, and add to a large bowl. Peel and chop the rutabagas or turnips into 1/2-inch cubes. Add to the bowl with the celery and set aside.

5. Mince and chop the garlic and thyme.

6. Turn on the heat to medium and melt the butter or ghee, add the leeks and stir to coat. Continue cooking for 5 minutes, stirring frequently, so that the leeks do not brown. Add the minced garlic and thyme to the pot with the leeks and cook for another minute until fragrant.

7. Add the celery and rutabagas to the pot, and season with salt and pepper. Cook the vegetables for 5-7 minutes, stirring occasionally.

8. Add remaining chicken stock to the pot, cover and bring to a gentle boil. Reduce heat and simmer for 15 minutes.

9. While the vegetables are simmering, steam the greens over medium heat until they are wilted down, but still vibrant in color and mild to taste, about 10-15 minutes. You may need to gently toss them halfway through the cooking time.

10. Transfer the wilted greens to a high-speed blender, along with the left over stock from the pan, coconut milk, lemon juice, fresh parsley, and about a third of the cooked vegetables. Puree until smooth, 30-60 seconds. Pour the puree into the pot and simmer uncovered for another 10 minutes to let the flavors come together and finish cooking the root vegetables.

11. Season with salt and pepper to taste. Top with a spoonful of Winter Herb Pesto, freshly cracked black pepper, and a drizzle of olive oil. Serve hot.

Instructions for the pesto:

1. Add all the ingredients except for the olive oil to the bowl of a food processor. Pulse a few times.
2. With the food processor running, slowly pour in the olive oil just until it all comes together. Serve immediately.

Movie Review: 'Migration'

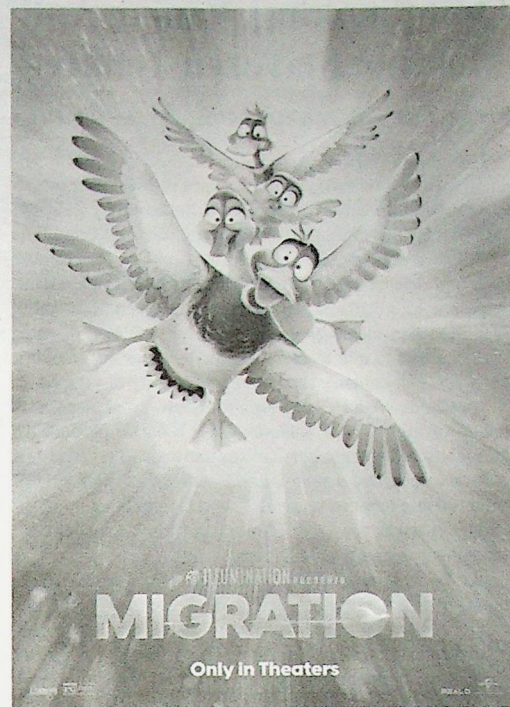
By BOB GARVER

With the holiday season coming to an end, I can only talk about what "made" a movie like "Migration" a relative hit, as opposed to talking about its future. And that reason is that it was a "compromise" movie for families looking for a way to kill time together during the holiday break.

"Wonka," while the biggest hit of the season, came out three weeks ago, so "Migration" probably gobbled up some business from families that had already seen it. "Aquaman and the Lost Kingdom" didn't appeal to non-DCEU fans (and was terrible to boot). "The Color Purple" is better than all these movies (seriously, I highly recommend that one), but with its heavy subject matter, isn't exactly fun for the whole family. The compromise was to take the kids to the animated duck movie.

The Mallard family make their home in a small rural pond. Father Mack (Kumail Nanjiani) teaches son Dax (Caspar Jennings) and daughter Gwen (Tresi Gazal) to fear the dangers of the outside world, but mother Pam (Elizabeth Banks) is pretty sure they can handle some adventure if they stick together. Her attitude rubs off on the kids, and they want to migrate to Jamaica for the winter, but Mack forbids it. He's backed up by lazy slob Uncle Dan (Danny DeVito), who leads a sedentary, washed-out life. Uncle Dan's bad example is enough to convince Mack that the family needs a vacation after all.

Mack reluctantly leads the family (including Uncle Dan) toward Jamaica, but they soon get stuck in a miserable rainstorm. Pam tries to play the "it's all part of the adventure" and "we'll laugh about this later" cards, as parents tend to do when things go wrong on vacation, but it's clear things are off to a bad start. Things get even worse when a heron (Carol Kane) offers the fam-



ily refuge in her home, and they have to spend the night in the home of a frightening predator. It turns out that the real predator is a fish that has swam into the flooded house, but it's an unnerving experience all the same.

The family gets "lost" and ends up in New York City (though I have no idea where they started, so NYC could be south for all I know), where they befriend local streetwise pigeon Chump (Awkwafina). She makes the inevitable joke confusing Jamaica the country with the Queens neighborhood once and then leaves it alone, which was a relief to me - I thought the characters would spend about an hour making that mistake.

Chump takes them to imprisoned macaw Delroy (Keegan-Michael Key), who can give them directions to Jamaica, but they decide they can't just leave him in his cage, they need to break him out so he can take them there himself. This angers his mute owner, who happens to be a chef that specializes in cooking ducks. The family spends the rest of the movie battling the chef, who has his

own private helicopter so they can have a confrontation later at a duck farm (disguised an avian-friendly vacation resort for some reason, even though this isn't "Wonka" and humans don't need to con the ducks) and then further down the coast in the third act.

"Migration" isn't a particularly imaginative family film. It's certainly cute and harmless enough that I don't think anybody will truly detest it, even if they're well outside the target audience. But it's not the kind that I think parents will enjoy as much as their kids - save for the completely-plausible possibility that the kids find it dull too.

Grade: C

"Migration" is rated PG for action/peril and mild rude humor. Its running time is 83 minutes, plus nine for the pre-feature animated short "Mooned," which follows villain Vector (Jason Segel) after the events of 2010's "Despicable Me." I didn't find the short funny, but I'm glad the franchise is keeping the character alive, as I thought he was funny in the first movie and would like to see him return for future installments.

Art Across Asia: Timeless Traditions: Expressions Of The Divine In Indian Art (Online)

Spend your Sunday afternoon learning about the arts of Asia from experts at the Asian Art Museum in San Francisco. Each month will focus on a unique topic from

this vast, diverse, and ever evolving continent.

In collaboration with The Asian Art Museum of San Francisco, join virtually for the monthly online Art Across Asia series to learn about Timeless Traditions: Expressions of the Divine in Indian Art on Sunday, Jan. 14, from 2:30 - 3:30 p.m.

Explore the vast panoply of South Asian art through the prism of four belief systems founded there: Hinduism, Buddhism, Jainism, and Sikhism. Discover how for thousands of years

the artists of India and its neighbors have beautifully depicted their impressions of their deities, and reflected their cultures.

Registration is required to receive the Zoom link. To register visit the Thomas Crane Public Library website.

Program is presented by The Asian Art Museum of San Francisco Community Speakers Program.

Learn more about The Asian Art Museum of San Francisco at www.asianart.org.

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Social Security Matters Ask Rusty – Will My Friend's Fiancée Be Entitled To A Survivor Benefit?

By RUSSELL GLOOR

National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: I have a very good friend who has cancer and will begin chemotherapy this week. He is 71 years old and is currently receiving Social Security benefits. He has been living with his fiancée for a little more than 2 years, but they have been a couple for about 15 years and will be married in the next few weeks. She is 60 years old.

I am naturally concerned about his, and her, future so my questions are:

- What, if anything, should he and his wife do to ensure that she gets his Social Security benefits?
- What benefits will she be entitled to, and how soon will she be able to begin receiving them after his death?

Signed: A Friend with Questions

Dear Friend: You are kind to be concerned about your friend and his fiancée. Here's what you need to know:

Social Security goes by state rules when it comes to what is often referred to as "common law marriage." That means that whether your friend's fiancée will receive any benefits as a surviving spouse in a "common law" relationship depends on whether they live in a state which recognizes common law marriage. Most states do not, but state laws have changed over the years and many states which once recognized such unions as "marriage" no longer do. Although they may have "been a couple" for 15 years, if your friend and his fiancée have been living together for only two it is likely only the last two years will count for Social Security benefit purposes. So, whether your friend's fiancée will get anything when your friend dies depends on where they live - unless they get married, in which case the rules are different.

In order for a married widow(er) to receive surviving spouse benefits, the couple must have been married for at least 9 months. If they marry and your friend lives longer than 9 months thereafter, then his wife will be entitled to a surviving spouse benefit from her husband. The amount of his wife's benefit will be based upon the amount your friend is receiving at his death, adjusted for her age when she claims her surviving spouse benefit.

A surviving spouse can claim benefits from the deceased as early as age 60, but those benefits will be reduced for claiming before full retirement age (FRA): Taken at age 60, the wife's benefit would be 71.5% of your friend's SS benefit at his death. The wife need not claim the survivor benefit immediately; she could opt to delay claiming in order to get a higher percentage of the husband's amount. Survivor benefits reach maximum - 100% of the deceased's benefit amount - at the recipient's FRA.

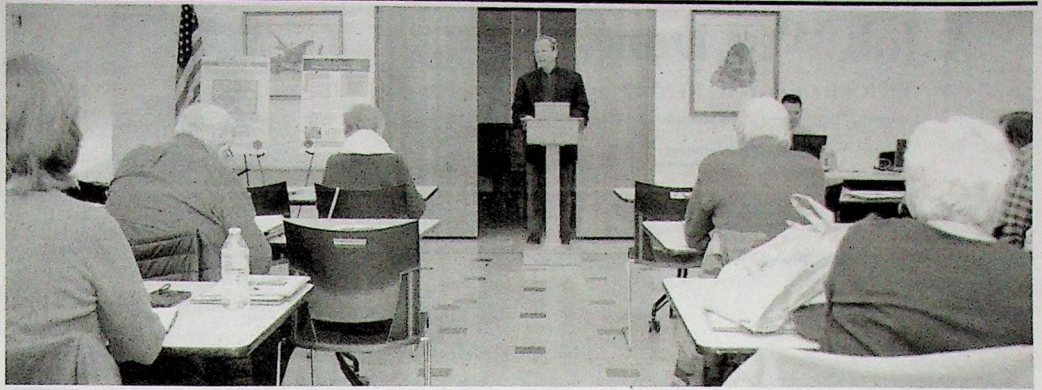
So, if your friend and his fiancée now live in a state which currently recognizes common law marriage (CO, IA, KS, MT, NH, SC, TX, UT, RI, or in the District of Columbia), then your friend's partner will be considered his "wife" and entitled to survivor benefits as normal (the fiancée would need to prove they cohabitate in a marriage-like relationship to claim benefits).

If they do not live in one of those states, but they get married and the marriage lasts for at least 9 months, then the wife will be entitled to normal benefits as a surviving spouse (as described above).

But if the couple do not live in one of the above states which recognize "common law" relationships, or if their soon-to-occur marriage doesn't last at least 9 months, or if they do not get married, I'm afraid your friend's partner will not be entitled to any survivor benefits from your friend.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.



NORFOLK COUNTY Register of Deeds William P. O'Donnell discusses the genealogical capabilities of the Norfolk County Registry of Deeds during a recent speaking event at Thayer Public Library in Braintree as part of his ongoing efforts to bring the Registry of Deeds directly to the residents of Norfolk County. *Courtesy Photo*

O'Donnell Guest Speaker For Thayer Public Library Genealogy Club

Norfolk County Register of Deeds William P. O'Donnell recently spoke at the Thayer Public Library Genealogy Club in Braintree as part of his ongoing efforts to bring the Registry of Deeds directly to the residents of Norfolk County.

"The speaking event was excellent. We learned a lot about different types of land records and that the Registry has transcribed so many of its older records," said Moira Cavanagh, Reference Librarian at Thayer Public Library.

O'Donnell discussed the genealogical research capabilities of the Norfolk County Registry of Deeds available to the public.

"According to an ABC News report, genealogy is ranked the second most popular hobby in the United States," said O'Donnell. "Researchers may just find that their hunt for clues leads them right to the Norfolk County Registry of Deeds. Thanks in part to our History Comes Alive program."

The Registry of Deeds has made the genealogy research process easier through its History Comes Alive transcription program, where all the Registry documents from 1793 to 1900 are transcribed from old cursive writing into easy-to-read and print documents.

"A lot of people do seem to be interested in researching their house, especially if it is an older one," said Cavanagh. "Knowing that the Registry is an additional resource for research and that the records go as far back as they do is great."

O'Donnell also gave an overview of the Registry of Deeds, which is the principal office for real property records in Norfolk County, cataloging and housing more than 10 million land documents dating back to 1793.

"I welcome the opportunity to speak with a group like the Thayer Public Library Genealogy Club about the research resources at the Registry of Deeds and some consumer issues that homeowners might face,"

O'Donnell said.

The Norfolk County Registry of Deeds possesses approximately 10,000,000 land records, recorded in 41,416 Registry books dating back to when the county was created in 1793. Some of these records include deeds, liens, foreclosures, mortgages, conveyances, trusts, and mortgage discharges.

"If someone is doing their geological research at the Registry and it involves property records, that's great because they will have the records, and if they

have questions, they can ask someone right there," said Cavanagh.

"I first want to thank those who attended the event. They asked incisive questions, and their attendance was greatly appreciated. I also want to thank Moira Cavanagh for inviting me to speak, the Genealogy Club for their enthusiastic interest, and the staff at the Thayer Public Library for all they do for the Braintree community."

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is

the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information. All land record research information can be found on the Registry's website, www.norfolk-deeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101 or email register@norfolkdeeds.org.

PUBLIC NOTICE



City of Quincy 2024 City Census In The Mail

The 2024 City Census form is being mailed to every household in Quincy. City officials ask that residents update their information and return the census form as soon as possible in the postage paid envelope provided.

Compliance with the City Census is a state requirement, which provides proof of address for school age children, voting rights, veteran's bonus, housing, and related benefits – as well as to ensure voters remain on the active voting list.

For assistance, please call the City Clerk's Office election department at 617-376-1144.

A Job Well Done

By OFFICER GREGG HARTNETT
Public Information Officer
Quincy Police Department

January 2024 brings the addition of a new Quincy Police Department (QPD) K-9 named Ringo. Ringo is a passive bloodhound with an elite and tenacious tracking ability to locate missing persons. Ringo will be a great addition to the QPD and a regional asset for surrounding law enforcement agencies.

The Quincy Police Department has seen an increase in reports involving missing persons that suffer from various disabilities and impaired judgment decision making. Often, those who wander include children and elderly individuals.

Patrolman David Cooper, an experienced K-9 handler, recently traveled to South Carolina to train with Ringo and bring him to the City of Quincy. Funding for this important specialized QPD resource was provided through what are known as Civil Asset Forfeiture Funds. Civil Asset Forfeiture allows police and prosecutors to confiscate and keep money and property that is suspected of being part of a drug crime. Asset forfeiture funds in Quincy are the result of the dedicated work of detectives in our Bureau of Criminal Investigation, Drug Control Unit and QPD Detectives assigned to task forces with our federal partners. The use of asset forfeiture funds allows police departments to enhance operations with specialized resources like Ringo and are a critical component of keeping the City of Quincy safe.



Quincy Police Chief Mark Kennedy noted that "the use of asset forfeiture funds relieves the Quincy taxpayer from the costs associated with obtaining specialized and integral equipment that enhances the department's ability to adapt and serve the citizens of Quincy." Noting that demand in



Quincy for police services to locate lost or wandering persons has increased, Kennedy said "K-9 Ringo will serve our city's and regions most vulnerable populations that have a critical need for this resource. I am appreciative that the city was able to use asset forfeiture funding to bring Ringo to the City of Quincy."

QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, DEC. 29

DISORDER (large fight), 12:59 a.m., 51 Billings Rd. In back parking lot. Unknown weapons, one person with a bloody nose. Report to be filed.

BREAKING AND ENTERING/PAST (dwelling), 8:03 a.m., 70 block of Unity Street. Report to be filed.

LARCENY (stolen package), 1:03 p.m., 186 East Howard St. Caller filed report online.

BREAKING AND ENTERING/MOTOR VEHICLE (black Lexus SUV), 2:15 p.m., 20 block of Franklin Avenue. Report to be filed.

DISORDER (refusing to pay for gas), 6:02 p.m., Prime Gas, 700 Hancock St. Peace restored. Gas was paid for.

BREAKING AND ENTERING/PAST (B&E home), 9:05 p.m., 80 block of Russell Street. Report to be filed.

SATURDAY, DEC. 30

LARCENY (of package), 2:49 p.m., 1 Canton Rd. Report to be filed.

DISORDER (black male), 9:54 p.m., Arthur Street and Nelson Street. Misunderstanding between customers. Peace restored.

SUNDAY, DEC. 31

LARCENY (credit card), 9:24 a.m., 70 block of Beach Street. Report to be filed.

SHOPLIFT (male took seafood), 9:59 a.m., Star Mar-

ket, 130 Granite St. Suspect issued a trespass and arrested for three outstanding warrants.

LARCENY, 1:27 p.m., 1000 Southern Artery, East Wing. Report to be filed.

LARCENY (cab), 8:29 p.m., 10 Winter St. Arrest for fare evasion, assault and battery dangerous weapon/shod foot, assault and battery police officer and resisting arrest. Report filed.

MONDAY, JAN. 1

LARCENY (notebook), 9:33 a.m., Father Bill's Place, 39 Broad St. Case number given.

DISORDER (with owner), 1:24 p.m., 55 Franklin St. Verbal argument between management and customer. Peace restored.

VANDALISM/PROPERTY (to house and garage), 2:39 p.m., 50 block of Des Moines Road. Spray painted, report to be filed.

TUESDAY, JAN. 2

SHOPLIFT (male), 12:38 p.m., Home Depot, 177 Willard St. Holding one in the office. Suspect trespassed and sent on the way.

VANDALISM/PROPERTY (to car), 3:27 p.m., 70 block of Station Street. No suspects. Case number provided.

DISORDER (neighbor problem), 11:41 p.m., 1047 Southern Artery. Peace restored. All advised.

WEDNESDAY, JAN. 3

LARCENY (cell phone), 10:12 a.m., 2 Seaport Dr. Re-

port to be filed.

LARCENY, 10:53 a.m., Pond Street. Report to be filed.

SHOPLIFT (female), 2:52 p.m., Target, 289 Hancock St. Suspect issued a trespass and sent on way.

SHOPLIFT (one detained), 7:27 p.m., Target, 289 Hancock St. Suspect issued a trespass notice and sent on the way.

DISORDER (car charger), 11 p.m., South West Middle School, 444 Granite St. Argument at electric vehicle charging station. Peace restored.

THURSDAY, JAN. 4

VANDALISM/PROPERTY (past), 11:02 a.m., City Hall, 1305 Hancock St. Tagging by a group of youths on bicycles. Report to be filed.

DISORDER (male), 11:04 a.m., Seven Eleven Store, 75 Copeland St. Male arguing with the store clerk. Left prior to arrival of officers.

VANDALISM/PROPERTY (past), 2:36 p.m., 500 block of South Street. Report to be filed.

SHOPLIFT (male), 4:03 p.m., Home Depot, 177 Willard St. Report to be filed.

DISORDER (over prescription), 4:54 p.m., CVS Pharmacy, 321 Quincy Shore Dr. Male causing a disturbance at pharmacy, banging on counter. Left prior to arrival of officers.

VANDALISM/PROPERTY (windows smashed), 5:25 p.m., 90 block of Putnam Street. Report to be filed.

Celebrate The Good News In Quincy

The public is invited to celebrate God's Good News at Quincy Point Congregational Church any Sunday. Next worship service is Jan. 14 at 10 a.m. in the sanctuary at 444 Washington St. It is the Second Sunday of Epiphany and Martin Luther King, Jr. Sunday.

The QPCC building is fully accessible through the Abbey Road entrance. Accessible parking, an elevator, and an "All Access" restroom are available. After the service, gather in the Social Hall downstairs for light refreshments and conversations.

If attending in person is not feasible, you can still participate in the worship service by tuning in to the church service live stream at 10 a.m. on Sunday mornings. Past live streams are

accessible on the church website (quincypointcong.org) and on the church's Facebook, Vimeo, and YouTube pages.

Here are some upcoming events and missions, including the resumption of Bible Study in Room 3 on Tuesday, Jan. 16 (weather permitting) at 11 a.m. On Sunday, Jan. 21, participate in the Third Sunday Personal Care Collection for Interfaith Social Services by dropping off items in the Narthex. Also, at 11:30 a.m., youth are welcome to join the Confirmation Class in the library with Angelina D and Rev. Kimberly Murphy. To register, visit <https://www.quincypointcong.org/registration>. For more details about the confirmation class, call 617-773-6424.

Save the date for the

Chili/Chowder Cook-off on Sunday, Jan. 28. To submit an entry (reserve a table spot), reach out to the church office at office@quincypointcong.org. There will be a "Free Will" offering, and proceeds will support the Laundry Love Mission. On Wednesday, Jan. 31, experience Laundry Love - free laundry services from 6 to 8 p.m. at Wash-N-Dry on 236 Washington St. because everyone deserves clean clothes.

Additionally, every Wednesday through Feb. 7 from 7 to 8 p.m., participate in a Zoom book study on "The Art of Hygge: Danish Secrets to Happy Living or How to be Consciously Cozy." Although this began on Jan. 10, feel free to join; email office@quincypointcong.org.

Library To Host Narcan Training Event With Manet Community Health Center Jan. 18

The Thomas Crane Public Library will host a Narcan Training event with Manet Community Health Center Thursday, Jan. 18 from 2 to 3 p.m. in the Community Meeting Room, Main Library, 40 Washington St., Quincy.

Join members of the Thomas Crane Public Library for a Narcan Training event led by experts from Manet Community Health Center.

During the event, Manet Community Health Center experts will present Overdose Prevention training, which will concentrate on

how to identify an Opioid overdose, how and when to use Narcan to reverse an overdose, and the next steps to take once Narcan has been administered.

Community members are

encouraged to attend and ask questions. Following the training, Narcan will be distributed to those who are interested.

The event is free and no registration is required.

Ten Quincy Students On President's List At Southern N.H. University

Ten students from Quincy have been named to the Presidents List for the fall semester at Southern New Hampshire University in Manchester, N.H.

They are:

Jaime Grant, Tra Duong, Cory Valiquette, Jillian Sergeff, Joseph Farrell, Kamala Faulder, Pedro Borges, Benjamin Pittman, Crishawn Anderson and Christina Lyons.

'Cultivating Calm: Sustainable Stress Management' Event Saturday

The Thomas Crane Public Library will present "Cultivating Calm: Sustainable Stress Management" event Saturday, Jan. 13 from 11 a.m. to 12 noon in the Community Meeting Room, Main Library, 40 Washington St., Quincy.

Join members of the li-

brary staff for a stress management event led by Functional Medicine Certified Health Coach and renowned speaker Olivia Nakimera.

Throughout the event, participants will learn about the effects of stress on one's body and overall wellbeing. Participants will ex-

plore practical strategies and ways to integrate stress management skills into their day-to-day lives.

As a wellness educator, Nakimera helps high-achieving women navigate the stresses associated with motherhood and assists them in their wellness

journeys. Before training to become a Health Coach, Nakimera served as a cor-

porate finance assistant vice president for over 15 years in Boston.

The event is free and no registration is required.

'Women In Intelligence' Virtual Program

If you are as fascinated by the untold stories of women's contributions to war efforts, the Thomas Crane Public Library invites you to a virtual program on Saturday, Jan. 13, from 2 to 3 p.m. as author and historian, Dr. Helen Fry, discusses "Women In Intelligence."

Fry's latest book, "Women in Intelligence: The Hidden History of Two World Wars," is a ground-breaking history of women in Brit-

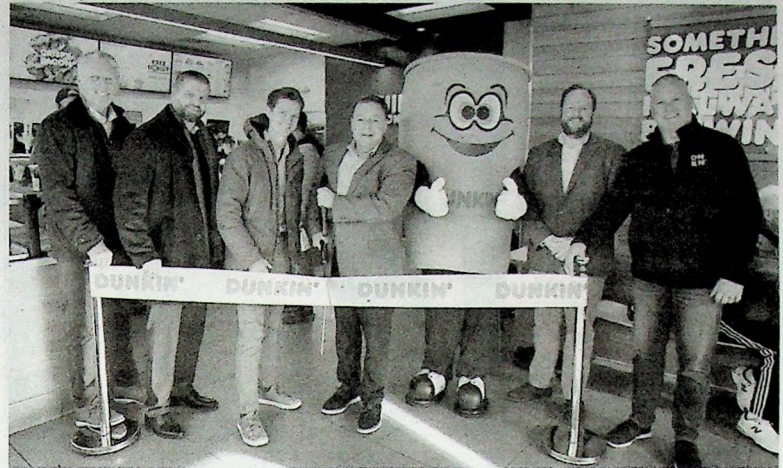
ish intelligence, revealing their pivotal role across the first half of the twentieth century. From the 1910s onwards, women took on an extraordinary range of roles in intelligence, defying the conventions of their time. Across both world wars, far from being a small part of covert operations, women were running escape lines, managing networks and interrogating prisoners.

To register visit the

Thomas Crane Public Library.

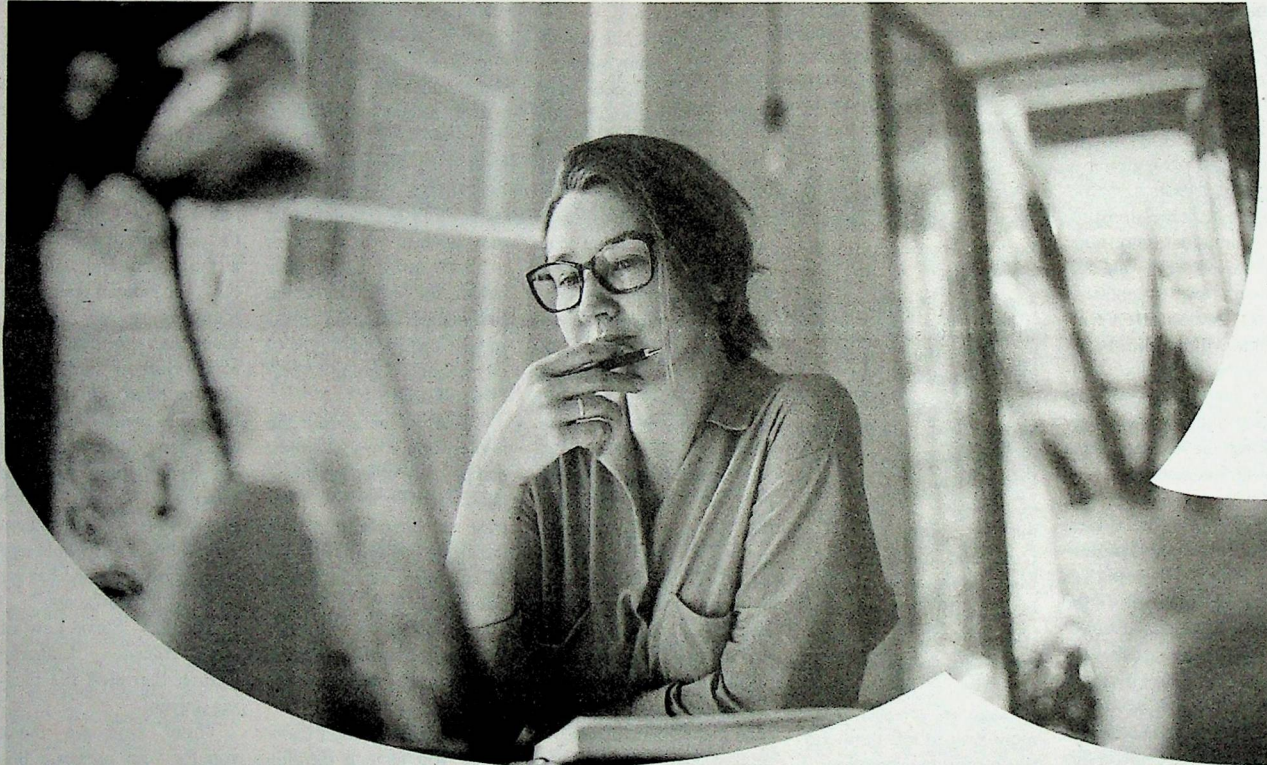
Fry is a sought-after consultant for leading TV and documentary productions, offering historical insight for WWII scenes filmed by major channels like the BBC, ITV, and Channel 4. Her latest book, "Women in Intelligence," illuminating the crucial roles of women in both WWI and WWII, was released in America in October 2023.

Sea Street Dunkin' Celebrates Renovation



DUNKIN' RECENTLY celebrated a major renovation and re-opening at its 360 Sea St. location. Joining in the ribbon cutting from Dunkin' are Jason Green and Web Donovan, along with Mayor Tom Koch, Tim Cahill from the Quincy Chamber and Rick Doane CEO of Interfaith Social Services and Quincy Chamber Board Member. Dunkin' donated \$3,000 to the Interfaith Food Pantry.

Courtesy Photo



Quincy College is proud to participate in

MassReconnect

The state's new **MassReconnect** scholarship program supports residents age 25 and older seeking Associate's degrees and certificates. It's aimed at Massachusetts residents who have a high school diploma or equivalent but no higher education credential, empowering them to **acquire education and training necessary for in-demand jobs** in fields including health care, education and biotechnology. The program funds tuition and fees, and students would receive assistance to pay for books and supplies.

Whether you're considering college for the first time or want to return to earn a degree or certificate, **there's never been a better time to enroll at Quincy College!**

Learn more, contact:

Admissions

admissions@quincycollege.edu
(617) 984-1710



QUINCY COLLEGE

Koch Begins 7th Term: 'Our Work Is Far From Done'

Cont'd From Page 2

planning, design and funding of a new Squantum Elementary School; planning for a new elementary school in West Quincy.

"The first steel on our new public safety headquarters will be raised any day now; the expansion of Pine Hill Cemetery and the restoration of Mount Wollaston Cemetery all on schedule; dozens of miles of new roadways, supported by thousands of feet of rebuilt underground water, gas and sewer lines scheduled for this spring and summer. In a concept proposed and shepherded by Councillor Cain, we'll continue to make progress for a state-of-the-art fiber network across the city.

"The renewal of parks and open spaces will continue with ongoing work at Faxon Park, Squaw Rock, Veterans Stadium and areas across the city. We'll continue our work protecting and enhancing our rich history as plans for the Adams Presidential Center move forward, and we will unveil new tributes to our naval heritage and our young veterans who served in our nation's most recent conflicts.

"We do this on a platform of great financial stability: Our bond rating is among the best in the state; our pension obligation to our retirees is fully funded; our property taxes right in the middle of statewide norms. I say it all the time, our taxes are not the lowest — I understand that — they're also not the highest. But the services we provide are the very best anywhere in the commonwealth. And we've done it by staying \$40 million under the cap set by Proposition 2 1/2 — only a handful of communities out of 351 across the state can say that."

Koch then focused on the Quincy 400 initiative, which will celebrate the city's 400th anniversary next year.

"I've spent a little time on where we are and the nuts and bolts of the work ahead, but this morning I want to specifically focus on Quincy 400 and its importance for our community. It's a going to be time of celebration, with parades, galas, fireworks, events — you know we don't things small around here. But it is so much more than that," he said.

"We need to honor those who came before us and understand their struggles and hardships, but also recognize that they had hopes and dreams, the same hopes and dreams that contributed to the creation of this great republic, the United States of America.

"Today, you and I walk on the same ground they



LT. GOV. Kim Driscoll offered remarks at the inauguration of Mayor Thomas Koch Monday morning in the Great Hall of the James R. McIntyre Government Center (old City Hall.) "I can tell you I don't think there is a city that has done it better than Quincy," Driscoll said in praising the leadership of Mayor Koch. "Having an aligned vision, going after it, making investments. When you're a historic city, you want to cling to the past, but you also have to have an eye toward the future, and you've done that here." Quincy Sun Photo/Robert Bosworth

did. We hope, we dream and we have our struggles. But we do so building on that strong foundation so that future generations may hope and dream as well — and perhaps with fewer struggles."

Koch touted three projects that will be included as part of the Quincy 400 initiative, starting with a new home at Squantum's Squaw Rock for the Massachusetts Tribe at Ponkapoag.

"Over the last several years, it has been a great personal privilege of mine to work with the descendants of the Massachusetts Tribe of the Ponkapoag, building relationships, trust and sharing our common values. Their heritage is part of our story, and we will honor that heritage as a community this year by providing the tribe a home at Squaw Rock in Squantum," Koch said.

"These grounds are sacred to the indigenous peoples of our nation, and the facility we grant the tribe will provide a space for it to meet, conduct business, and celebrate their heritage. As part of this endeavor, we will be putting out a call for artists to build a monument honoring the tribe, its ancestors and its legacy."

The mayor also announced a program to plant large heritage trees citywide as part of the initiative.

"As part of our 2025 celebrations, we will also launch a major program to plant signature heritage trees in locations across the city. This includes planting specific, large specimens of trees that are part of our history in our parks and our open spaces, and using those trees to honor people and events important in our

history," he said.

"We have so many stories to tell as a community — all deeply intertwined with the story of America. From the Massachusetts; to the very origins of the idea for our republic born right where we gather today by giants like Hancock, John and Abigail Adams, and John Quincy Adams; to the spirit of innovation in America's first railroad; the emergence of industry in shipbuilding and granite quarrying. Our grand immigrant tradition, the Germans, the Italians and Irish through today with our thriving Asian-American community. It's 400 years of stories, and a heritage tree program is one more way to tell those stories for future generations."

In addition, Koch said he wants to break ground on a performing arts center in Quincy Center next year.

"You may remember a number of years ago we conducted a community planning exercise centered around Quincy 400. We formed committees, held meetings across the city, and solicited input on the kind of things our community wanted to see in the coming years, specifically in 2025," he said.

"There was one idea that came up in almost every single meeting, and it is my hope that we are in the ground next year for a performing arts center in the downtown. This venue will be built for between 1,000 and 1,200 people and be versatile in its design to accommodate a number of types of performances and events — whether it's a concert, a comedy show, or a film festival. With all of the

More Inauguration Photos On Page 16

progress we've made in the downtown, it is time for this kind of cultural jewel to be built."

On top of those three projects, the mayor said planning for events that will take place as part of the Quincy 400 initiative would begin in earnest.

"The planning for the formal events and celebrations of 2025 will now begin in earnest," he said. "It is a time for us to highlight everything about our city, and a wonderful opportunity to draw visitors. With that in mind, I'll be submitting a request to the City Council in the coming weeks to use a portion of our hotel and motel tax revenues — paid for by guests to the city — to fund the planning and event support for our 2025 events."

While Quincy is preparing for its 400th anniversary in 2025, Koch noted the United States will celebrate its 250th anniversary in 2026. The mayor told Lt. Gov. Kim Driscoll — who was among the dignitaries present Monday — that Massachusetts should "own" that upcoming anniversary.

"This seminal year for our community will be followed by a seminal year for our nation — the 250th anniversary of our independence," Koch said. "At the heart of our great experiment were the ideas that germinated right here in our own town square, the taverns of Boston, the public commons all around the city. Yes, Jefferson held the pen for the Declaration, but we all know that Adams was the voice and the heart behind it and Hancock was the money that made a revolution possible."

"Madam Lt. Governor, the commonwealth should own this anniversary, and I stand ready and willing to help in any way possible. Let's have some fun."

The mayor dedicated his inaugural address in honor of former Cong. William Delahunt, who was unable to attend Monday's ceremony.

"As some of you may know, the congressman has had some health challenges lately and he's unable to be with us today. For more than 5 decades, Bill stood as the epitome of public service — city councillor, legislator, district attorney, congressman. The first member of the House to call Quincy home since John Quincy Adams. During his time in Congress he was consistently voted by his peers among the top ten most bipartisan congressmen for his ability to work together with

his colleagues regardless of party. Boy, we could sure use more Bill Delahunts today in DC," Koch said.

"His work would ultimately take him to all corners of the world and into rooms with some the giants of the 20th century, but he never forgot his roots. He was always a Quincy kid at his core — and his work has left an indelible mark on our community. A wonderful mentor and friend to me personally — thank you Bill, and may God bless you and your family."

Driscoll, who served as the mayor of Salem before being elected lieutenant governor, said it is an honor to serve in local government.

"I refer to local government as the get-stuff-done branch, the place where there is no hiding, where you've got to make decisions, and every single day you're tasked with issues that arise. Each of you gets elected by the people who live in this community to have their back, the trust they have in you as voters to make decisions on their behalf, the ability to be the individuals that are making the call for what type of city Quincy is going to be," Driscoll said.

"That to me is like the highest honor any neighbor can pay any other neighbor, handing over to you their trust and their faith in how the city is going to be guided and the work that you're going to do."

Driscoll said it is important for the state and local communities to work together.

"Gov. Healey and I know when you have a thriving community, we're going to have a thriving commonwealth. So, we want to celebrate all that you've done, put down some markers for what we know you haven't done yet and want to achieve, and know that you have a strong teammate in all of us," Driscoll said.

"Both the governor and I played a little bit of hoop in college. We lean into that theme — you may have picked that up for those of you who've been paying attention. We really believe in the concept of Team Massachusetts, that it's everyone doing their part at the local level, at the state level, to ensure that we have the type of commonwealth that works for and welcomes all."

"And I can tell you I don't think there is a city that has done it better than Quincy. Having an aligned vision, going after it, making investments. When you're a historic city, you

want to cling to the past, but you also have to have an eye toward the future, and you've done that here."

Fr. Martin Dzengeleski, the pastor at Holy Trinity Parish, delivered the opening prayer during Monday's inaugural ceremony.

"We have been truly blessed by great leadership. Scripture tells us, 'by their fruits you shall know them.' The good fruit in Quincy is abundant and we give thanks to you, oh Lord, the giver of all good gifts," Dzengeleski said. "To quote our own John Quincy Adams, 'if your actions inspire others to dream more, learn more, do more, become more, you are a leader.' We are blessed to have such leadership in Mayor Koch and the city councillors who serve our beloved city."

Rabbi Mendel Gurkow of Shalom House Chabad of the South Shore delivered a prayer midway through the ceremony.

"I turn to all of you, our newly elected mayor, our members of City Council, the members of government at the county and state levels...our judicial team...our members of law enforcement and our dear educators," Gurkow said, "to all take to heart our responsibilities to mentor and guide our fellow citizens in all of our communities in these important issues, which includes as well to accept and embrace all people and races regardless whether we agree with them or not."

The Rev. Steve Law of the Wollaston Lutheran Church delivered the closing prayer.

"Lord God we thank you for your presence this morning. We thank you especially for the form of government given to us in our beloved city. We pray for the elected officials, their families and staff, all city councillors, all members of the School Committee," Law said. "Especially we pray for Tom, the mayor of Quincy, through whose unceasing commitment, services, sacrifices reflects how you have been blessing and will continue to bless the city of Quincy."

The color guards of the Quincy Fire and Police Departments presented the colors at the opening of Monday's inauguration. Quincy Police Lt. Robert Gillan led the audience in the Pledge of Allegiance. Matthew Hollatz and Grace Cuniff, both 12th grade students at Quincy High School, sang the "Star-Spangled Banner." The ceremony concluded with a sing-along of "God Bless America."

City Council Sworn In; Cain New President

Cont'd From Page 3

thing I must state to round out these words before I go, be good to each other and be kind, for we are all more alike than we know."

Cain was nominated for the presidency by Councillor at-large Nina Liang and the nomination was seconded by Councillor at-large Noel DiBona. Cain, Liang and DiBona are the three longest-serving incumbent councillors having all been elected for the first time in 2015; Liang and DiBona are also the last two presidents of the City Council.

"Day in and day out, you are committed to not only finding but delivering real solutions that make the lives of all of us in Quincy really better," Liang said of Cain. "You're thoughtful, you're pragmatic, you're innovative, and you're kind. You challenge us to deliver on what we're all elected to do. I am excited to know that with you at the helm, we're all going to be better councillors for it."

"As we move into 2024, you will lead us into the redevelopment of the Generals Bridge area, the Ross Lot, in the downtown," DiBona said. "We, the City Council, the mayor and the administration, will play a huge role in this transformation. We are looking for your leadership role as our next council president to move our city in the right direction. Remember this quote, 'standing still is moving backwards.'"

Three new members of the City Council were sworn in on Monday morning – Councillor at-large Scott Campbell, Ward 2 Councillor Richard Ash and Ward 5 Councillor Daniel Minton. Ward 1 Councillor David McCarthy, Ward 4 Councillor James Devine, and Ward 6 Councillor William Harris were all sworn in for new terms, along with Cain, Liang and DiBona.

Cain has also finalized his appointments to the City Council's various committees 2024-2025 term. The council will continue to have three committees consisting of all nine councillors – finance, ordinance and oversight – and 14 committees comprised of five councillors.

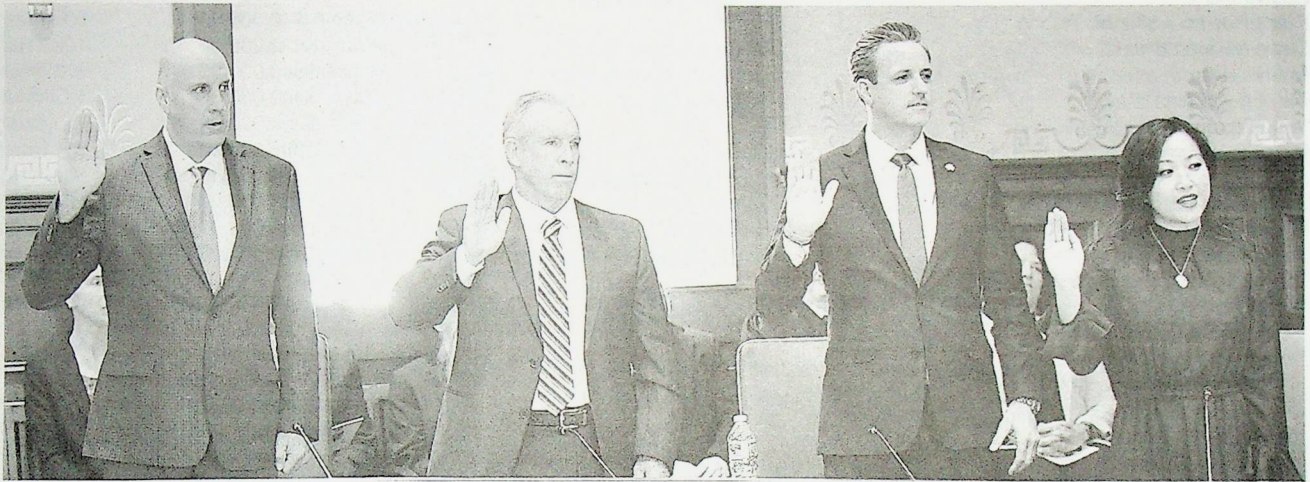
Each of the nine-member committees will have a new chairperson this term.

McCarthy will serve as the chairperson of the finance committee, a position he previously held in the 2020-2021 term, and Liang will serve as the committee's vice chairperson. Former Councillors Charles Phelan Jr. and Anne Mahoney had served as the committee's chairperson and vice chairperson, respectfully, for the



QUINCY CITY COUNCILLORS - including three new councillors – are sworn in by City Clerk Nicole Crispo at its organizational meeting Monday in the Great Hall of the James R. McIntyre Government Center (old City Hall). Top from left to right: Ian Cain (Ward 3 and new council president); Dave McCarthy (Ward 1), Noel DiBona (At-Large), new Ward 2 Councillor Richard Ash and William Harris (Ward 6). Bottom photo from left to right: James Devine (Ward 4), new Ward 5 Councillor Daniel Minton, new Councillor At-Large Scott Campbell and Nina Liang (At-Large).

Quincy Sun Photos/Robert Bosworth



prior two years.

Liang will serve as the chairperson of the ordinance committee and DiBona will be its vice chairperson. McCarthy had been the chairperson of the committee the prior two years, and former Ward 2 Councillor Anthony Andronico had been the vice chair.

DiBona will serve as the chairperson of the oversight committee, a post he held in the 2020-2021 term, and Devine will serve as the vice chairperson. Cain had been the committee's chairperson for the past year and Devine its vice chairperson; former Ward 4 Councillor Brian Palmucci had been the chairperson of the committee at the time of his resignation in late 2022.

Liang will continue to serve as the chairperson of the five-person community engagement committee and Minton will be its vice chairperson. Rounding out the committee are Ash, Harris and Campbell.

Liang will likewise continue to serve as the chairperson of the downtown and economic growth committee, with Minton as the vice chairperson. Joining them

on the committee are Campbell, DiBona and McCarthy.

DiBona will be taking over as the chairperson of the education committee and McCarthy will serve as the vice chairperson; McCarthy had been the committee chairperson the past two years. Also serving on the committee are Campbell, Devine and Harris.

Harris will continue to serve as the chairperson of the environmental and public health committee and Ash will serve as its vice chairperson. DiBona, McCarthy and Minton will all serve on the committee as well.

Campbell will be the new chairperson of the housing committee, which Cain previously chaired. Devine will be its vice chairperson and Ash, Harris and Minton will round out the committee.

Devine will serve as the new chairperson of the library and historic places committee, which Cain likewise previously chaired. Minton will be the committee's vice chairperson and Campbell, Devine and Liang will join them on the committee.

Ash is the new chair-

person of the municipal technology committee, which Mahoney previously chaired, and Devine is its vice chairperson. They will be joined by Campbell, Harris and McCarthy.

Minton will take over as the chairperson of the park and recreation committee, which was formerly chaired by Phelan. Harris will be its vice chairperson and Ash, Devine and Liang will join them on the committee.

Devine is the new chairperson of the public buildings committee, formerly chaired by Andronico, and Harris is its vice chairperson. Filling out the commit-

tee are Ash, Liang and McCarthy.

Harris will continue serving as the chairperson of the public safety committee and Devine will be the committee's vice chairperson. Joining them on the committee are Liang, Campbell and Minton.

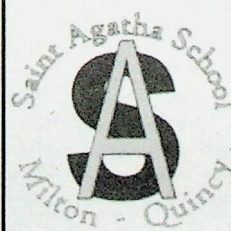
Harris will likewise continue serving as the chairperson of the public works committee and Ash is its new vice chairperson. They will be joined by DiBona, Liang and Minton.

Campbell will be the chairperson of the rules committee, which Mahoney previously chaired, and Li-

ang is its vice chairperson. DiBona, McCarthy and Minton round out the committee.

DiBona is taking over as the chairperson of the senior citizens committee, formerly led by Andronico, and Devine is the committee's new vice chairperson. Ash, Campbell and McCarthy will also serve on the committee.

Harris will continue serving as the chairperson of the veterans committee, with Ash as the new vice chairperson. DiBona, McCarthy and Minton will join them on the committee.



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Real Estate

Quincy Real Estate Transactions Dec. 26 - Jan. 5

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

McEleney Family Trust
Caldwell Family Trust
Haobo R. Zhang & Kathy Y. Kong
Beatrice G. Macfawn
Nancy Adams
Ping A. Liang & Patrick Sweeney
Fanny Wang & Demetra McKenna
Dodiva Inc.
Frank Rubino & Kha M. Truong
Diane & Albert Brunett
Phuc V. Tran
Carol A. Catania
Yong Zhuang & Rui Lu
NQ3 Development LLC
Feeney Trust
Jacob Lafser & Gabrielle Miller
Lisa O. Martel & Michael A. Sullivan
Yu Guo & Zuchun Li

BUYER

Jianlyu Zhong & Tingting Kuang
Julie & Caroline Bloomer
Logan Perryman & Caroline Michaud
Muzaffer Muctehitzade
Li Real Estate Group 168 LLC
Mill Two Dozen Nominee Trust
Koufos Family Irrevocable Trust
Asiminia Vardakostas
Frank Rubino
Elizabeth Doller
Jenna Diamond & James Harty
Qiaorong Wu
Yi Gui Chen
Lin Family Trust
MJ Property Holdings LLC
Deborah L. Ribak
Forest Lake Ventures LLC
Maung M. Myint & Khin Nwe

AMOUNT

\$665,000.00
\$525,000.00
\$520,000.00
\$315,000.00
\$360,000.00
\$1,000,000.00
\$1,500,000.00
\$1,100,000.00
\$40,000.00
\$632,000.00
\$540,000.00
\$400,000.00
\$288,000.00
\$805,000.00
\$574,900.00
\$568,000.00
\$300,000.00
\$930,000.00

ADDRESS

84 Ballou Street
10 Calvin Road
215 Thomas Burgin Parkway Unit B
77 Adams Street Unit 505
28 Lind Street
24 Mill Street
215 Franklin Street
60 Franklin Avenue
50 Ames Street
1022 Hancock Street Unit 206
975 Southern Artery
1 Cityview Lane Unit 504
21 Linden Street Unit 116
511 Hancock Street Unit 501
50 George Road
10 Sachem Park
76 Babcock Street
54 Grand View Avenue

Norfolk County Real Estate Activity Dips In December 2023

Norfolk County Register of Deeds William P. O'Donnell reports that Norfolk County recordings in December 2023 show a decline in the total number of property sales and mortgages compared to December 2022 recordings. He attributed the decline to a limited inventory of new and existing property for sale and a housing market that continues to struggle with mortgage interest rates that meet

or exceed 7 percent.

"The limited inventory of properties for sale has created a highly competitive market with fewer opportunities for buyers," O'Donnell said. "Additionally, higher mortgage interest rates relative to what they were in 2020 and 2021 have made it more challenging for potential homeowners, especially first-time homebuyers, to secure affordable financing options, forcing some po-

tential homeowners to put their dreams of purchasing a home on hold."

The Registry of Deeds recorded 8,015 documents in December 2023. This was 15 percent less than in December 2022 and a 7 percent decrease compared to November 2023.

"These declining numbers suggest a slowdown in the real estate market. A decrease in the number of deeds and mortgages, which

make up a large portion of the total documents recorded at the Registry of Deeds, greatly impacts overall real estate activity," noted O'Donnell.

The total number of deeds recorded for December 2023, which reflects both commercial and residential real estate sales and transfers, was 1,235, down 3 percent from December 2022 and down 2 percent from November 2023.

"Property prices dropped significantly in December compared to last year, and the number of property transactions was also down, which may suggest that the property price alone is not the sole factor contributing to the decrease in the number of deeds recorded at the Registry," O'Donnell said.

The average sale price of commercial and residential properties for December 2023 fell to \$871,249, a 7

percent decrease compared to December 2022 and a decrease of 9 percent from November 2023. The total dollar volume of commercial and residential sales is down, decreasing 15 percent from last year and 14 percent from last month.

"Seasoned homebuyers are doubly affected by current market conditions, as they not only face higher borrowing costs but also

Cont'd On Page 23

Ask Barbara Graceffa: Achieve A Happy New Year With Dopamine Decorating

Can my décor boost my spirits? I always struggle during the winter months and wonder if there is something I can do with my interior since I spend so much more time indoors during the cold weather. Mrs. S.

Absolutely! Just like putting on an orange sweater can lift your spirits, there are decorating tips to boost your emotional and physical well-being. Introduced in 2022, it's called dopamine decorating which became popular last year on social media (with 124 million views on Tik-Tok) and remains Instagram-worthy today.

You may be familiar with the "feel good" hormone of the same name that is released in the brain and stimulates pleasure, motivation, and alertness. Homes and Gardens magazine calls this style "the antithesis of sad, beige décor. It's

colorful and fun and full of personality. It's about decorating your home in a way that makes you happy."

You can go about this transformation in a few ways – from starting small to color drenching. If you choose the former, add pops of color with couch pillows, one painted or wall-papered accent wall, a vibrant art piece, or a joy-inducing tablescape including a vase of brightly colored flowers. Otherwise, you can add full-scale personality by painting the entire room – walls, ceiling, and trim in a bold, happy color.

A wide range of colors from crayon-box favorites to just-shy-of-neon hues fit the chic dopamine mold. Fire-engine red, orange, yellow, lime green, and cerulean blue will bring a liveliness to your interiors. (Too much? Remember that you can always calm them down with neutrals.) Or choose jewel tones like emerald, sapphire, or gold. When in doubt, use a wide range of shades of the same color, for example, blush pink to magenta. For a sophisticated look, pair analo-

gous colors, those next to each other on the color wheel.

Introduce happy textile patterns like animal prints, zig-zags, and polka dots, too.

Can't decide on which direction to go? Look to your wardrobe for color and pattern inspiration.

After I put away the Christmas decorations, I add lots of bright pink accessories to spice up my home until Valentine's Day when I then switch it out to bright yellow or turquoise to invigorate both my beige furniture and my spirits as well.

So, whether you have the winter blues or just can't wait for spring fever, let dopamine decorating add the cheerfulness you are missing.

Barbara Graceffa owns and operates Secretary of the Interior in Quincy, offering creative solutions at reasonable rates. Learn more about her decorating, downsizing, decluttering, home staging, and home décor sewing services, and lectures at www.sec-interior.com. Tell your friends about her blog at secretaryinteriordecorating.blog where she posts these columns. You can reach her at 617-921-6033.

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THE MERRYMOUNT ASSOCIATION hosted its first official Polar Plunge on Jan. 1 at Merrymount Beach. More than 100 people turned out to take a dip to kick off the Association's 100th year anniversary. The Association expresses its gratitude to Quincy Police Department's Marine Unit and Brewster Ambulance for providing their services to make sure everyone stayed safe at the event.

Courtesy Photo

QHS Boys' Basketball Team Helps Yawkey Resource Center



THE QUINCY HIGH SCHOOL boys' basketball team recently assembled and dropped off bagged lunches to the Yawkey Housing Resource Center operated by Father Bill's & Main-Spring. The lunches, which contain a sandwich, fruit, snacks and water, were distributed to guests of the emergency shelter, as well as to any member of the community in need of a meal, even if they're not experiencing homelessness. It's a program that not only supports the Center's overnight shelter guests but also local residents struggling with food insecurity. "We've been preaching togetherness, WE over Me and doing things for others over ourselves since May," said QHS boys' basketball coach Matt Ramponi. "We believe in each other and we believe a part of our process is giving back to those in need."

Courtesy Photo

53 On Woodward School Honor Roll

Fifty-three students are listed on the first quarter honor roll at The Woodward School in Quincy.

HIGH HONOR ROLL

Grade 6: Aea Moreira, Quincy; Annalise Speck, Milton.

Grade 7: Jiaping Chen, Quincy; Carleigh Long, Weymouth.

Grade 8: Amelia Byrne, Hingham; Addison Gould-Lewis, Canton.

Grade 9: Victoria Bellard, Mattapan; Ruoxi Lu, Quincy; Amelia Suvak, Cohasset; Ava Williams, Braintree.

Grade 10: Alena Candido, Pembroke; Grace Connolly, Braintree; Evelin Pires, Boston; Maiya Stafford, Boston.

Grade 11: Savannah Eutsay, Milton.

Grade 12: Hadley Duncan, Hingham; Adria Kralja, Hingham; Leah Terry, Braintree; Abigail Williams, Quincy.

HONOR ROLL

Grade 6: Ava Perez De-Ponte, Randolph.

Grade 7: Eloise Claydon, Hingham; Sophia Cusack, Hull; Yva Dalzon, Norwood; Melanie Francois, Brockton; Michelle Freeman, Quincy; Arianna Kaul, Quincy; Athena Lyons, Quincy; Nyrrelle Montauban, Brockton; Grace Torres, Randolph; Naeemah Vargas, Randolph.

Grade 8: Genevieve Dippold, Cohasset; Krista Wong, Boston.

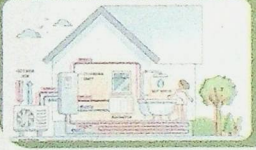
Grade 9: Isabella Edmeade, Quincy; Eva Germain, Dorchester; Abbi Houton, Braintree; Kathleen Joseph, Quincy; Olivia Manick, Taunton; Sadie McDaniel, Milton; Scarlett Morin, Cohasset; Lacy Sanders, Somerville; Isla Veitas, Cohasset.

Grade 10: Marlene Bautista Aldeco, Quincy; Leilah Carruthers, Dorchester; Madelyn Devlin, Boston; Ruby Devlin, Boston; Nicole Leung, Quincy; Joy Lunkoto, Quincy; Nahimah Montauban, Brockton; Laila Whyte, Mattapan.

Grade 11: Jarvia Ramos, Dorchester.

Grade 12: Brianna Francois, Brockton; Nyla Montauban, Brockton; Starr Pierre, Boston.

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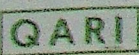
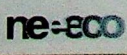
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- Reduce your monthly heating bills by up to 20%
- Maximize Mass Save's perks for weatherization and heating upgrades.
- Discover the power of heat pumps for energy-efficiency
- Unlock 0% Loans: Heat Pump Financing Strategies

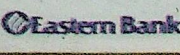
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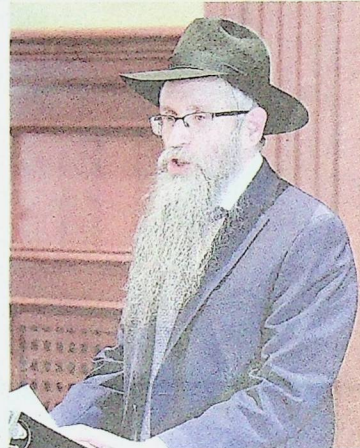
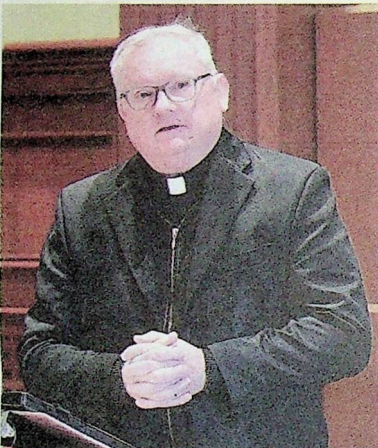
Scenes From The Inauguration Of Mayor Thomas P. Koch



ASSOCIATE JUSTICE of the Trial Court and former Ward 4 councillor Brian Palmucci (left) congratulates Mayor Thomas P. Koch after administering the oath of office to the mayor who began his 17th year in office Monday. Looking on is the mayor's daughter, Abigail Koch who is holding a family Bible used in the swearing-in at the Great Hall of the James R. McIntyre Government Center Monday morning.



SINGING 'The Star Spangled Banner' at the inauguration of Mayor Thomas Koch were Quincy High School seniors Matthew Hollatz (left) and Grace Cunniff.
Quincy Sun Photos/Robert Bosworth



FR. MARTIN DZENGELESKI, pastor, Holy Trinity Parish (left) gave the opening prayer and Rabbi Mendel Gurkow, Shalom House Chabad of the South Area (right) offered a prayer at the inauguration of Mayor Thomas P. Koch Monday.



QUINCY POLICE LT. Robert Gillan leads the Pledge of Allegiance as the Quincy Police Department and Quincy Fire Department Honor Guards post colors.



PHOTO LEFT: Audience members including colleagues in government applaud the introduction of Norfolk County Commissioner and former Quincy City Clerk Joseph Shea (front row far right).



PHOTO RIGHT: Rev. Steve Law, Wollaston Lutheran Church, offers a closing prayer at Monday's inauguration of Mayor Thomas Koch.



AUDIENCE including members of the City Council stand and applaud Mayor Thomas Koch (at podium, right) after Koch was sworn in to a seventh term Monday in the Great Hall of the James R. McIntyre Government Center (old City Hall). Koch, the city's 33rd and longest serving mayor, began his 17th year in office.

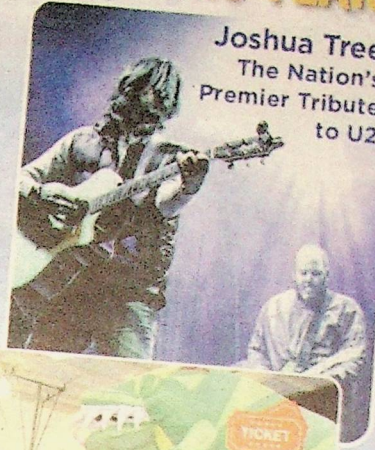
PRESIDENTS' DAY WINTERFEST QUINCY

MONDAY, FEBRUARY 19TH
1:00 ~ 7:00 P.M.

Events take place on the Hancock-Adams Common
under heated tents and inside City Hall &
Church of the Presidents.

NEW THIS YEAR!

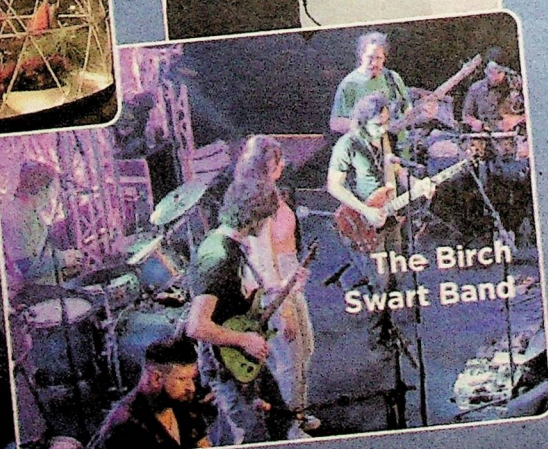
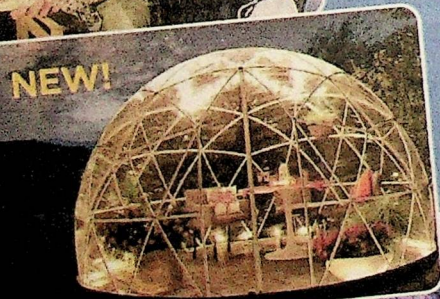
Joshua Tree
The Nation's
Premier Tribute
to U2



Some shows require free tickets. Reserve tickets before
the event opens, onsite from Noon-1pm and throughout
the event while tickets last.

FREE FUN FOR THE WHOLE FAMILY

- The Blue Hills Trillside Museum-Birds of Prey Show & Reptiles of Massachusetts
- **NEW!** Aerialist combine the grace of a dancer with the athleticism of a gymnast to create a performance that is as exhilarating as it is beautiful.
- Ice Sculptures Demonstration by Ice Man Craig
- Fire Performance by Boston Circus Guild
- Be sure to get your picture taken on our green screen with your favorite presidents, Washington, Lincoln, John Adams and John Quincy Adams.
- Take your selfie with our Snowflake Angel and other surprise stilt walkers, "The cold doesn't bother me anyway!"
- Performances by The Birch Swart Band, and The Brendan Ryan Band
- **NEW!** Special finale star Joshua Tree - The Nation's Premier Tribute to U2
- **NEW!** Puppennickel Puppets presents The Lion and the Mouse
- **NEW!** Dinoman Dinosaurs takes the audience on a trip with magic, merry mayhem, and magnificent props through the mesozoic era!



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PLENTY OF ACTION in front of the Quincy-North Quincy net in the second period against Pembroke. Here the Titans' Maeve Shaughnessy gets knocked off the puck while QNQ's Emily Lin clears the puck away. Goaltender Tayah Quinn and defenseman Lila Cook look on. QNQ bowed to Pembroke 10-2 Jan. 3 at Quincy Youth Arena.

CAROLINE McGRAIL, an eighth grader, moves the puck up ice in the first period against Pembroke. McGrail is one of three eighth graders on the Quincy-North Quincy girls' hockey team.

Q-NQ Battles, Bows To Pembroke In Girls' Hockey

By TOM JOYCE

It was a tough opponent, and there was a lot of scoring in the Quincy/North Quincy High girls' hockey team's game Jan. 3. QNQ hosted the Pembroke Titans at the Quincy Youth Arena

in a game where there were a combined 12 goals scored. While QNQ scored multiple times, they came up short against a strong competitor. They lost 10-2 and fell to 1-5-0 on the season with the loss. With the win, Pem-

broke improved to 6-1-0. Pembroke's offense was especially strong early in the game, scoring five goals in the first half of the first period. The team first lit the lamp 59 seconds into the game. It never relinquished

that lead.

Pembroke began expanding its lead several minutes later. It scored an unassisted goal with 8:45 left in the pe-

riod; this triggered a stretch where the team scored four goals in less than two minutes.

About 18 seconds later,

Pembroke scored again; the team won the ensuing faceoff, rushed down the ice, and scored on its first shot.

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QUINCY-NORTH QUINCY goaltender Tayah Quinn makes a save in the first period.



QUINCY-NORTH QUINCY'S Chloe Melchin pushes the puck up ice in the second period. Melchin scored QNQ's second goal in the third period against Pembroke.

Quincy/North Quincy Indoor Track Results

AUERBACH FRESHMAN-SOPHOMORE MEET 1/6/24 @ Reggie Lewis Center							
First	Last	Gen	Event	Perf	Place	Competitors	comment
Zoe	Nelson	F	1000m	3:40.08	29	39	PR
Blake	Nelson	M	4 x 200m	24.7(split)	18	27 teams	
Gavin	Brown	M	4 x 200m	26.1(split)	18	27 teams	
Jonas	Ala	M	4 x 200m	26.8(split)	18	27 teams	
Leo	Steinberg	M	4 x 200m	24.9(split)	18	27 teams	
Amelija	Slezas	F	4 x 400m	68.5(split)	6	18 teams	
Maddy	McGillicuddy	F	4 x 400m	63.2(split)	6	18 teams	
Sophia	Edwards	F	4 x 400m	69.7(split)	6	18 teams	
Zoe	Nelson	F	4 x 400m	70.2(split)	6	18 teams	
Leo	Steinberg	M	55m	6.99	13	87	PR
Livia	Fantlin	F	55m	9.05	63	63	
Amelija	Slezas	F	600m	1:53.37	19	36	PR
Jayden	Anderson	M	600m	1:34.45	15	36	PR
Maddy	McGillicuddy	F	600m	1:39.99	1	36	PR school record
Nathan	Allen	M	HH	9.43	16	36	PR
Sophia	Edwards	F	HH	10.35	14	41	
Nathan	Allen	M	HJ	5'04"	8	23	ties PR
Jonas	Ala	M	Long jump	15'10"	37	37	
Leo	Steinberg	M	Long jump	16'01.5"	35	37	
Sophia	Edwards	F	Long jump	14'11.75"	8	34	PR
Tedsen	Pierre	M	Shotput	31'07"			PR
Caroline	Zuffante	F	TwoMiles	13:42.23	15	15	PR

Medals to Top 8 individuals and relays PR = personal best, SR = seasonal best



FORMER NORTH QUINCY and Northeastern University thrower Michelle Bell instructs in the shot put at the Do-It Indoor Track Clinic held Dec. 29 at the Reggie Lewis Center. Looking on are track athletes McKenna Lawton, Brooklyn Rizzo and Nora Ganno, all of North Quincy High School. *Courtesy Photo*

NQ Girls' Hoop Bows To Pembroke

By TOM JOYCE

The North Quincy High girls' basketball team took an early lead last Friday night, but their opponent came back from it.

The Raiders hosted the Pembroke Titans Jan. 5 in what was a high-scoring affair. The two sides scored a combined 125 points, making it the highest-scoring game the team had been a part of this season as of the start of this week.

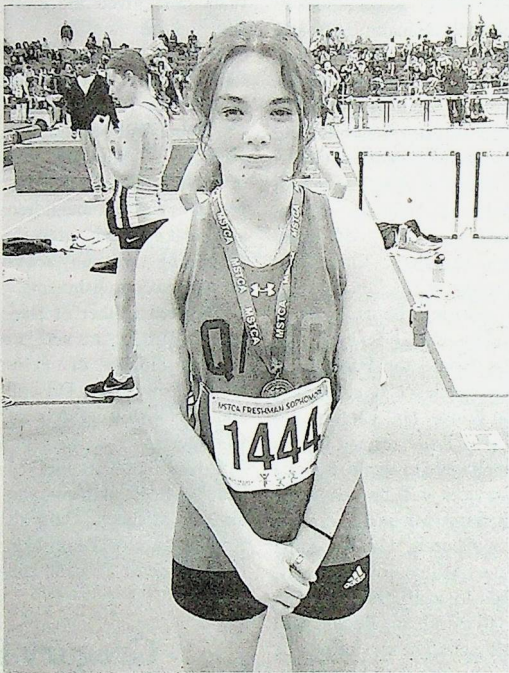
Ultimately, the Raiders bowed, 71-54. With the loss, the Raiders dropped to 3-3 on the season.

Although the Raiders came up short in this one, they did lead after the first quarter.

The Raiders took an early 10-5 lead, making the difference in the quarter. Ava Bryan (23 points) scored the team's first five points of the game on a three-pointer and a layup, while Pembroke hit a layup in that stretch. Additionally, Molly Toland hit a three-pointer with five minutes left in the quarter, Pembroke had a three-point play, then Maeve Powers (10 points) hit a basket.

However, Pembroke took a 12-10 lead thanks to a 7-0 run that included two baskets and three free throws. Bryan hit a trey with about 1:30 left, so the Raiders regained the lead, but Pembroke then hit two free throws after going to the line twice. Bryan capped off the first quarter scoring with a layup with under 20 seconds left, so the Raiders

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MADDY MCGILLICUDDY finished in first place in the 600 meter at the Auerbach Freshman-Sophomore Meet held Jan. 6 at the Reggie Lewis Center. Her time of 1:39.99 was a personal best and also set a new North Quincy High School record. *Courtesy Photo*

First	Last	Gen	Event	Level
MSTCA Do-it Clinic 12/29/23 Reggie Lewis Center Directed by Lou Tozzi NQ Coach '73-'88				
Jonas	Ala	M	Sprint	2
Wilson	Chen	M	Distance	1
Nora	Ganno	F	Shotput	1
Eliza	Henry	F	Hurdles	3
McKenna	Lawton	F	Shotput	1
Grace	McGough	F	Shotput	3
Mary	McNally	F	Mid-Dist	1
Blake	Nelson	M	Sprint	2
Zoe	Nelson	F	Mid-Dist	2
Adrian	Pena	M	Hurdles	2
Andrew	Perkins	M	Distance	1
Warrick	Quon	M	Mid-Dist	2
Brooklyn	Rizzo	F	Shotput	3
Amy	Tan	F	Hurdles	2
Guliana	Wilkinson	F	Hurdles	1
Jakub	Wilson	M	Distance	1
CJ	Xu	M	Mid-Dist	1
Caroline	Zuffante	F	Distance	2

MSTCA Distance Classic and Shotput 12/28/23 Reggie Lewis Center							
First	Last	Gen	Event	perf	place	comp	notes
Mary	McNally	F	800m	3:34.92	67	70	
Amelija	Slezas	F	800m	2:47.73	20	70	
Zoe	Nelson	F	800m	2:50.79	25	70	
Caroline	Zuffante	F	Mile	6:33.88	56	65	
Charlotte	McConville	F	Mile	6:50.07	62	65	
Nora	Ganno	F	Shotput	19'10"	71	76	
McKenna	Lawton	F	Shotput	17'06.5"	76	76	
Grace	McGough	F	Shotput	28'09"	14	76	
Brooklyn	Rizzo	F	Shotput	22'00"	54	76	
Bassma	Torky	F	Shotput	28'00"	18	76	
Mikilah	Aubrey	F	Shotput	20'00.5"	70	76	
Arpon	Chowdhury	M	1000m	3:46.24	118	119	
Darwin	Dao	M	1000m	3:50.22	119	119	
Jayden	Zhong	M	1000m	3:28.88	111	119	
Warrick	Quon	M	800m	2:37.47	57	75	
Chaojun (CJ)	Xu	M	800m	2:46.63	70	75	
Wilson	Chen	M	Mile	5:30.10	124	138	PR
Kyle	Clements	M	Mile	5:05.68	57	138	SR
William	Lanergan	M	Shotput	34'01.5"	34	61	
Tedsen	Pierre	M	Shotput	30'11.5"	49	61	PR

SR = Season best, PR = personal best. No awards

Boston Holiday Challenge. The Track at New Balance, Brighton MA							
First	Last	Gen	Event	perf	place	comp	notes
Jayden	Francois	M	60mHH	8.77	13	54	
Jayden	Francois	M	TripleJump	40'02.5"	13	23	
Sofija	Slezas	F	300m	44.89	45	70	SR
Maddy	McGillicuddy	F	600m	1:40.96	9	47	
Hannah	Moriarty	F	600m	1:55.23	45	47	
Salma	Boukhtam	F	1000m	3:05.30	5	36	SR
Aluna	Coogan-Coyne	F	Mile	5:17.51	4	46	SR

SR = Season Best, PR = Personal Best

Model Railway Club Open House March 9-10

The South Shore Model Railway Club, Bare Cove Park, Hingham, will host its spring open house Saturday, March 9 and Sunday, March 10.

Hours are March 9 from 9 a.m. to 4 p.m. and March 10 from 10 a.m. to 4 p.m..

The event will be held at the SSMRC in Hingham's Bare Cove Park, across from the West Hingham commuter rail station.

For more information, call 781-740-2000 or email show@ssmrc.org.

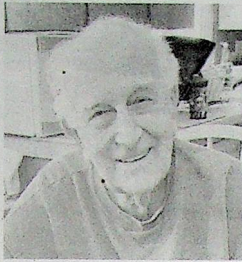
OBITUARIES

Romaio C. Magnarelli, 99

Romaio C. Magnarelli, lifelong resident of Quincy, passed away peacefully on Dec. 30, 2023, at the age of 99.

He was predeceased by his beloved wife of 71 years Jennie (Mariano) Magnarelli. He was the loving father of John Magnarelli and his wife Pam of Plymouth, Diane Semler of Attleboro, Mary-Ann Palmer and her husband Bill of Plantation, Florida and Richard Magnarelli and his wife Loretta Spinale of Quincy. He was preceded in death by his parents Cesidio and Mary (Ambrosini) Magnarelli; his brother Charles and sisters Jennie and Rose. He is survived by six grandchildren, Christopher, Patrick, Dee, Lisa, Jamie and Jimmy and seven great grandchildren, Sierra, Mia, Ellie, Paityn, Patrick, Mila and 3 month old Romaio!

Romaio was born and raised in South Quincy and for the last 69 years lived in Wollaston. He attended the Quincy Trade School, class of 1942, before being inducted into the Army in 1943. After basic and infantry training in Florida and Arkansas he was assigned to Bravo Company, 112th Regiment of the 28th Infantry Division. After additional training in Wales and England he reached France a few weeks after D-Day and participated in the liberation of Paris. He next fought in the Battle of the Hurtgen Forest (the longest sustained battle of World War Two and then the Battle of the Bulge (the bloodiest battle of World War Two). He was awarded the Combat Infantryman's Badge, the Bronze Star and two Purple Hearts. A proud veteran he was a member of the Duxbury American Legion Post 223. While in the Army he started to correspond with Jennie Mariano of Quincy Point. When he was discharged from the Army he was able to finally meet Jennie and he knew she



ROMAIO C. MAGNARELLI

was the one. They were married in September 1946.

Besides being the ultimate family man, coaching Babe Ruth Baseball, attending numerous sporting events and dance recitals for his kids and grandkids he had a work ethic second to none. After being discharged from the Army he worked for the next 42 years as a senior machinist at Mathewson Machine Works in North Quincy. He retired at 63 years old only to begin working at what was to become Eastern Bank for the next 26 years. He was very proud of a certificate that he received from Eastern Bank each year for perfect attendance. He never missed a day of work in those 26 years. He was also a great baseball fan and had the ultimate experience this past summer when he was invited by the Boston Red Sox and actually got to walk on the field as part of their "Hats Off to Heroes" recognition program.

Visiting hours and a Celebration of Life Service were held Monday, Jan. 8, 2024, in the Keohane Funeral Home, 785 Hancock St., Quincy, prior to the Funeral Mass at Divine Mercy Parish in St. Ann's Church, Quincy.

Services concluded with interment and military honors in Blue Hill Cemetery, Braintree.

In lieu of flowers, memorial contributions may be sent in Romaio's name to a veterans' organization of your choice.

See www.Keohane.com for directions and online condolences.

Primo Iacobucci, 93

Primo Iacobucci, age 93, a longtime resident of Quincy, died peacefully, Saturday, Dec. 30, 2023 at Southwood at Norwell Nursing Center in Norwell, surrounded by his loving family.

Primo was born in Sulpino, Province of Frosinone, Region of Lazio, Italy to the late Julio and Mafalda (DeSantis) Iacobucci. Raised and educated there, he immigrated to the United States in 1951 as a young man, arriving at Ellis Island, N.Y. He lived in Quincy for sixty-seven years, briefly in Boston's West End, and was also a winter resident of Hollywood, Fla. for many years.

He was employed as a master bricklayer and was a member of the Bricklayers & Allied Craftsmen Local 3 in Boston for over seventy years. During his over forty-one-year career, Primo supervised countless projects and buildings in Boston, including the John Hancock Tower.

Primo was well-known for his expertise and craftsmanship. After retirement, he founded and operated Iacobucci Masonry, Inc. for several years, specializing in all types of brickwork.

He and his late wife, Elena, enjoyed traveling, entertaining, singing, and dancing. Primo was a talented, self-taught musician, and could play the guitar, accordion, and harmonica, as well as sing. He and Elena were always the life of the party. Proud of his Italian heritage, Primo enjoyed trips to Italy with his children and grandchildren.

Primo was athletic throughout his life. As a young man, he played semi-professional soccer for the former Boston Juventus and turned down a scholarship to Boston College to begin his bricklayer apprenticeship. He also played tennis, bocce, enjoyed bicycling, and snow skiing.

Predeceased by his be-



PRIMO IACOBUCCI

loved wife of sixty-eight years Elena (Montini) Iacobucci.

Devoted father of Ronald P. Iacobucci and his wife Elizabeth, Richard M. Iacobucci, all of Quincy, and Sandra Centorino and her husband Anthony of Cheshire, Conn.

Loving grandfather of Deanna Hanafin, Christopher Iacobucci, Matthew Iacobucci, Stephanie Klymchuk and her husband Michael, Alison Centorino and her fiancé Aaron DeMaio.

Much-loved great-grandfather of Andrew, Virginia, Leo, and Troy, with great granddaughter, Elaina, on the way.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Friday, Jan. 12, from 4 - 7 p.m. Relatives and friends are invited to attend. Funeral Services will be conducted at Saint Michael's Episcopal Church, 112 Randolph Ave, Milton, on Saturday, Jan. 13, at 10 a.m. Reverend Hall Kirkham, Rector, will officiate. The service will be livestreamed at <http://stmichaelsmilton.org/iacobucci>. Interment private.

The Iacobucci family respectfully requests that, in lieu of flowers, donations in Primo's memory be made to Soccer Unity Project, P.O. Box 180833, Boston, MA 02118 or <https://www.soccerunityproject.org/donate>.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Joan M. Driscoll, 89

Joan M. "Joanie" (Daley) Driscoll, age 89, a lifelong resident of Quincy, died peacefully, Sunday, Dec. 31, 2023, at Hancock Park Rehabilitation and Nursing Center, in the comfort of her loving family.

Joan was born in Quincy, to the late Esther L. (Sheehan) and Ambrose E. Daley, Lt., Q.F.D., Ret. Raised and educated in Quincy, she was a graduate of Quincy High School. Later in life, she earned a Certificate in Early Childhood Education from Quincy College.

Joanie was employed at the former Quincy Medical Center for fifteen years, where she was known as the "TV Lady". She went on to work as the lead teacher at the Head Start program in Germantown for several years. She loved the children and their families.

Joanie had a passion for football and was an avid fan of the New England Patriots, especially Tom Brady.

Most of all, she was devoted to her family, especially her grandchildren and great grandson, actively supporting their many activities and accomplishments.

Devoted mother of Darlene D. Brinkmann and her husband Frank of Pembroke, Edward A. Driscoll and his wife Kimberly of Braintree.

Loving grandmother of Derek M. Brinkmann and his wife Michaela, Cara M. Brinkmann, all of Pembroke, Holly Anne M. Driscoll and



JOAN M. DRISCOLL

her partner Alan Irwin, Ryan M. Driscoll and his partner Brianna Burke, all of Weymouth, and twins Kayla C. Driscoll and Tyler R. Driscoll, both of Braintree.

Cherished great grandmother of Brady Irwin.

One of three siblings, she was predeceased by Patricia A. Rumrill and Janet L. Young. Joan is also survived by several nieces, nephews, and their families.

Former wife of Edward J. Driscoll of Quincy.

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Thursday, Jan. 4. Funeral Services were conducted at the funeral home on Friday, Jan. 5. Interment followed at Mount Wollaston Cemetery, Quincy.

For those who wish, donations in Joan's memory may be made to Norwell VNA and Hospice, 120 Longwater Dr., Norwell, MA 02061.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Gregory Hunt Kelly

On Dec. 27, 2023, Gregory Hunt "Greg" Kelly went to be with his Heavenly Father.

He will be very much missed by his sister Marney, his nieces Lisa Hagerly, Rhonda Colleton, & Karla Williamson. Cousin of Sandi Kochiss, Deb Frankel, Dorry O'Neill & Dale Gogan. Dear friend of John Gaughan & his family, he was like an uncle to Jeff, Christopher, Brendan & Amanda. He was friend and neighbor of Judy Condon, who watched over him when needed. Friend of Ed, his mail carrier who was so helpful to him.

Greg was the beloved son of the late Evelyn Malfy and stepson of the late Philip Malfy.

Greg was a photographer for the Herald American newspaper and then a Suffolk Superior Court officer, from where he retired. Greg loved playing golf and loved his days of making memories on Cape Cod with family & friends.



GREGORY HUNT KELLY

Services to be private, with a Celebration of Life to follow in the Spring. Please remember Greg in your prayers.

The family would like to thank Atrium Memory Care in Quincy & the Pat Roche Hospice Home in Hingham for their wonderful care of Greg.

For anyone wishing to do so, donations in Greg's memory can be made to the Pat Roche Hospice Home in Hingham, 120 Longwater Dr., Norwell, MA 02061. Please see www.Keohane.com for directions and online condolences.

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They are not written by The Quincy Sun.

Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

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Catherine A. Kudla, 100

Catherine A. "Kay" (Geary) Kudla, 100 years young, a longtime resident of Quincy, formerly of South Boston, died peacefully, Wednesday, Dec. 27, 2023 at Alliance Health at Marina Bay, Quincy, in the comfort of her loving family.

Catherine was born in South Boston, to the late Martin and Catherine (O'Donnell) Geary. Raised and educated in South Boston, she was a graduate of South Boston High School, Class of 1940. She lived in Quincy for the past forty-nine years, previously in South Boston.

Kay was employed as a salesperson at the former Irish Cottage at the South Shore Plaza in Braintree for over thirty years. Previously, she had worked for the Bank of Boston.

Catherine was proud of her Irish heritage and enjoyed Irish music and dancing. She loved the Irish singer, Daniel O'Donnell. She also loved travelling with family and friends, taking many trips to Ireland, Argentina, Spain, France, as well as visiting over forty



CATHERINE A. KUDLA

American states.

Most of all, Kay's passion was for her family. She was a dedicated homemaker, mother, and grandmother, supporting all their many activities and accomplishments.

Beloved wife of the late Chester J. Kudla.

Devoted mother of Catherine K. Fisher and her husband John of Nashua, NH, Paul M. Kudla of Nome, AK, Michael J. Kudla of Fall River, Joseph C. Kudla of Fla, Francis X. Kudla and his wife Andrea of Winthrop, Robert C. Kudla and his wife Margaret of Rockland and Jane M. Kudla of Quincy.

Loving grandmother of

Courtney Medlin and her husband John, Nathan Kudla and his wife Meaghan, Neila Kudla, Grace Kudla, and Anna Kate Kudla. Cherished great grandmother of Jackson Medlin, Addison, and Austin Kudla.

The last of three siblings, she was predeceased by Mary Farren and Barbara Geary. Catherine is also survived by many nieces, nephews, and their families.

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Friday, Jan. 5. A Funeral Mass was celebrated at Divine Mercy Parish in Saint Ann's Church, 757 Hancock St., Quincy, on Saturday, Jan. 6. Interment at the Massachusetts National Cemetery in Bourne will be private.

For those who wish, donations in Catherine's memory may be made to the Quincy Council on Aging, c/o Kennedy Center, 440 East Squantum St., Quincy, MA 02171.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

William J. Donlan, 74

William John "Billy" Donlan, of Quincy, died suddenly on Tuesday, Jan. 2, 2024. He was 74.

Billy was born in Boston on Jan. 29, 1949, and was the son of the late Martin and Agnes (Whelton) Donlan.

Formerly of South Boston, Billy was a United States Army Veteran and retired member of Pipefitter's Local 537. In retirement, Billy took pleasure in continually learning new things and could fix anything around the house. He had a wicked sense of humor and loved to tell stories to his grandsons about growing up in Southie. He loved and protected his family fiercely and was a loving and generous papa to Tommy and Matthew who will miss him dearly.

Billy was the beloved husband of Geraldine A.



WILLIAM J. DONLAN

(Cooper) Donlan, with whom he shared 48 loving years. He was the proud and devoted father of Thomas Bell and his wife Tina of Avon and Stephanie Naughton of Quincy. He was the father-in-law of Thomas Naughton of Quincy. He was the loving grandfather of Thomas W. and Matthew J. Naughton, both of Quincy. Billy was the dear brother of Pauline Anderson of Quincy, John Donlan of South Boston, James Donlan and

his wife Debra of Quincy, Mary Donlan of Plymouth, the late Josephine Jimenez, the late Janet Gallagher, and the late Martin Donlan. Billy is also survived by many loving nieces, nephews, extended family, and friends.

Bill was thankful for the loving care his wife Geri provided him as he battled many illnesses in the last years of his life. He kept his sense of humor, was always optimistic, determined, brave and a fighter to the very end.

Following cremation, Billy's funeral services and interment will be held privately.

In lieu of flowers, memorial contributions may be sent in Billy's name to Tunnel to Towers Foundation by visiting: www.t2t.org.

See www.Keohane.com for online condolences.

James E. Flynn III, 40

James E. "Jimmy" Flynn III, of Quincy and Cambridge, Massachusetts, passed away peacefully on Monday, Dec. 25, 2023, after a long illness. He was 40.

Jimmy is the beloved son of Susan (Lothrop) Flynn of Quincy and Jim Flynn of Quincy and Naples, Florida. He was the devoted nephew of Elizabeth Cotter and her husband Kevin of Quincy and Mary Lothrop O'Connell of Quincy, Edward Lothrop of Winthrop, the late Maureen Lothrop Kroll of Quincy and the late Geoffrey Lothrop, William Lothrop and Stephen Lothrop all of Quincy. Jimmy is also survived by many cousins.

Jimmy was a lifelong fan of all Boston sports and



JAMES E. FLYNN III

knowledgeable about the teams, players, and history.

He was a North Quincy High School graduate. In his younger years he enjoyed spending time at his second home in the White Mountains and spent three years of elementary school in Madison, New Hampshire.

Jimmy learned to ski at five years old both downhill and cross country, hiked and climbed to the summits and

high huts of the surrounding peaks, canoed, and tubed the Saco River. It was not ordinary for him to see bears and cubs in his yard and escaped horses running by his school bus.

He worked in many jobs in Boston including his father's business of Boston Pallet & Sawdust while promoting hardcore music. Jimmy created and ran Hardcore Stadium which was his biggest passion. His lifelong friends added this: "Jimmy was the heart and soul of the Boston Hardcore music scene. There has never been a person like him and there never will be. He brought people from every walk of life from every part of the world together under the Boston banner. He started attending Boston punk shows as a teenager, began starting bands in high school and over the past two decades booked hundreds of bands through his Hardcore Stadium promotions. Jimmy was an incredible friend who introduced lifelong friendships, and more importantly gave people a real place to belong."

Jimmy was handing out new blankets to the homeless in the middle of the night in Central Square this November.

Visiting hours were held Monday, Jan. 8, 2024 in the Keohane Funeral Home, 785 Hancock St., Quincy.

Jimmy will be interred privately in Pine Hill Cemetery, Quincy.

In lieu of flowers, donations in Jimmy's name may be sent by mail to Material Aid and Advocacy Program, 5 Longfellow Park, Cambridge, MA, 02138 or online by visiting: www.Maapma.org/donate.

See www.Keohane.com for directions and online condolences.

Michael J. Gilmore, 66

Michael Joseph Gilmore, of Quincy, Massachusetts, passed away in his home on Friday, Dec. 29, 2023, due to long-term illness. He was 66.

Born in Quincy, he was the son of Dorothy M. (Shea) Gilmore of Quincy and the late Joseph M. Gilmore. He is survived by his children Michael J. Gilmore Jr. and Madison E. Gilmore, both of Seekonk, Massachusetts, his brother Stephen P. Gilmore of Quincy and his Aunt Carole and her husband John Andosca of Plymouth as well as his Shea cousins.

He was a graduate of Boston College High School and Boston University where he was a proud member of the Boston University crew team. Throughout his career with Kidder-Peabody and Fidelity, Mike spent his time in sports both coaching his children's teams and actively playing his favorite sport of Golf. He spent his time organizing B.A.G.S. Tournaments as well as



MICHAEL J. GILMORE

playing.

He loved his family and always had a special place for his grandma and grandpa Shea as well as his mom. Michael was very proud of his children as they both successfully finished college and both attending graduate school.

Michael's funeral services will be held privately at a later date.

In lieu of flowers, memorial contributions may be sent in Michael's name to the charitable organization of one's choice.

See www.Keohane.com for online condolences.

More Obituaries On Pages 22 & 29
and online at www.TheQuincySun.com



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OBITUARIES

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO23P3589EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Joan F. Matthews
Date of Death:
10/10/2023

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Joseph F. Coughlan of Quincy, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Joseph F. Coughlan of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 A.M. on the return day of 01/31/2024**. This is **NOT** a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: December 26, 2023
COLLEEN M. BRIERLEY
Register of Probate

1/11/24

Josephine M. Vignoni, 96

Josephine M. (Corigliano) Vignoni, age 96, a longtime resident of Quincy, died peacefully, Tuesday, Jan. 2, 2024 at Hancock Park Rehabilitation and Nursing Center, in the comfort of her loving family.

Josephine was born in Boston, to the late Frank M. and Josephine (Merlino) Corigliano. Raised and educated in Boston's South End, she was a graduate of Cathedral High School.

She lived in Quincy for most of her life, previously in Boston.

Josephine was the owner of her family's flower shop, the former Messina Flower Shop in Boston. She had been retired for many years.

Josephine had a passion for cooking and hosting. Most of all, she was devoted to her family, especially her grandchildren.

Beloved wife of the late Francis A. "Frank" Vignoni.

Devoted mother of Francine G. Caruso and her husband Kenneth of North Billerica.

Loving grandmother of Christina M. Caruso and Steven J. Caruso.



JOSEPHINE M. VIGNONI

She was predeceased by her siblings, Mary T. Volandre and Michael F. Corigliano.

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Monday, Jan. 8. A Funeral Mass was celebrated at Divine Mercy Parish in Sacred Heart Church, 386 Hancock St., North Quincy, on Tuesday, Jan. 9. Interment followed at Pine Hill Cemetery, West Quincy.

For those who wish, donations in Josephine's memory may be made to the charity of your choice.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-84

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an Open Public Hearing will be held on **Tuesday, January 23, 2024 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Annie Tran for a Variance to build an entrance to the front of the home, extend the second floor to align with the new entrance and renovate the home in violation of the Quincy Zoning Ordinance Sections 4.1.1 Table of Dimensional Requirements (Front Setback & FAR) on the premises numbered 29 JAMES STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/locations/42073>.

Martin Aikens, Chairman

1/4/24, 1/11/24

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-89

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an Open Public Hearing will be held on **Tuesday, January 23, 2024 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Peter O'Connell for a Variance to subdivide the lot into two lots and construct a new single family home on each lot with a garage and two car driveway in violation of the Quincy Zoning Ordinance Sections 4.1.1 Table of Dimensional Requirements (Front Setback, Side Setback & Min. Lot Frontage) and 5.1.16 Paving of Yards (Front Yard) on the premises numbered 83 BIRD STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/locations/112414>.

Martin Aikens, Chairman

1/4/24, 1/11/24

Janice A. Walsh, 83



JANICE A. WALSH

Janice Ann (Larkin) Walsh, of Quincy, formerly of Charlestown, died peacefully on Saturday, Dec. 30, 2023, at the Beth Israel Deaconess Hospital in Milton. She was 83.

Janice was born in Quincy on Oct. 17, 1940 and was the daughter of the late William and Helen (McClure) Larkin. She was raised in Quincy, attended local schools and graduated from North Quincy High School. Janice worked in sales and retail for many years. She enjoyed her work and the relationships she built throughout the years.

Janice was a great athlete, avid sports fan, and played softball throughout her life. Even as an adult she enjoyed tennis with her girlfriends and joined different bowling leagues.

Janice saw her greatest achievements as mother and grandmother. She never missed Tommy's football games, boxing matches or hockey games. Janice was

very involved in the lives of her three grandchildren, "those boys" as she would refer to them. She was their biggest cheerleader. Cooking was another of her great passions. Janice loved to share her amazing meals with loved ones. Her home cooked meals will be missed by all who loved her.

Janice was the beloved wife of the late Thomas F. Walsh, who died in 2012. She was the devoted mother of Margaret H. "Peggy" Pugsley of Quincy, Kathleen M. "Kathy" Walsh of Cumberland, Rhode Island, and Thomas F. Walsh Jr. of

Quincy. Janice was the loving grandmother of Richard Pugsley III and his wife Emily of Quincy, Aidan Pugsley of Hawaii, and Thomas Pugsley of Quincy. She is also survived by many loving nieces, nephews, extended family, and friends.

Visiting hours were held Tuesday, Jan. 9, in the Keohane Funeral Home, 785 Hancock St., Quincy.

Her funeral service will be celebrated on Wednesday, January 10, 2024, at 10 a.m. in Keohane Funeral Home, Quincy.

Services will conclude with interment in the Massachusetts National Cemetery, Bourne at 1:15 p.m.

Due to floral restrictions at the cemetery: In lieu of flowers, memorial contributions may be sent in Janice's name to Boys & Girls Clubs of America by visiting: www.bgca.org.

See www.Keohane.com for directions and online condolences.

Nancy A. Faenza, 96



NANCY A. FAENZA

Nancy Ann (Brien) Faenza, 96, of South Boston, formerly of Quincy, passed away peacefully on Jan. 2, 2024, with her family by her side.

Daughter of the late Peter J. Brien and Mary E. (Gallagher) Brien. Devoted mother of Dan Faenza and his wife Sue of Meredith, NH and Deb Faenza and her husband Rich Rines of Quincy. Loving sister of Jo Musco Collari and her husband Richard "Dick" of Walpole and the late Patrick J. Brien and Chuck A. Brien and his wife, Mary. Cherished grandmother of Leah Cooper and her husband Matt of Deerfield, NH, Brian Faenza and his wife Caanan of Gilford, NH, Danielle Durigan and her husband Tom of Dedham, Rich Rines Jr., and his fiancée Courtney Johnston of Austin, TX. Great Grand-

mother to Ben and Emma Cooper and Avery and Riley Faenza. Beloved Aunt of Chip Musco and his wife Mindy of Millis, Chucky Brien and his wife Marie, Maribeth Griffin and her husband David, Kevin Brien and his wife Maureen, Sean Brien and Patrick Brien, all of West Roxbury and the late Robyn Musco and Michael Brien. She is also survived by many grand-

nieces and grandnephews.

Nancy attended Memorial High School in Boston. She worked most of her life in the food service industry. She spent many years as a waitress at the Milton Hill Restaurant. She was a hostess at Walsh's Restaurant in North Quincy as well as the Fox and Hound Restaurant in Quincy. Nancy also worked as a coat check person at the Quincy Elks. Nancy will be remembered for her beautiful smile, warmth and grace. She was a joy

to be around. Her faith and her family were the foundation of all that was truly important in her life. Although family members are heartbroken at her passing, all feel fortunate for the love and many blessings she brought into their lives. Nancy will be deeply and sadly missed.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Thursday, Jan. 11 from 4-7 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy. A brief prayer service will be held in the Funeral Home at 9:15 a.m. on Friday prior to the Funeral Mass at Our Lady of Good Counsel Church, 227 Sea St., Quincy at 10 a.m. Burial will occur following the mass in St. Joseph's Cemetery, 990 LaGrange St., West Roxbury.

See www.Keohane.com for directions and online condolences.

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-37

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an Open Public Hearing will be held on **Tuesday, January 23, 2024 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Hanna Pham for a Variance & Finding to convert the existing single family to a two family, construct an addition and renovate the home in violation of the Quincy Zoning Ordinance Sections 4.1 Table of Dimensional Requirements (FAR & Number of Stories), 5.1.4 Off-Street Parking (Setbacks) & 5.1.8 Table of Off-Street Parking Requirements on the premises numbered 115 NEWBURY AVENUE, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/locations/30028>.

Martin Aikens, Chairman

1/4/24, 1/11/24

Legal Notices for Publication

Should be emailed to:

quincysunsubs@gmail.com or thequincysun@verizon.net

Need more information? Call 617-471-3100

Norfolk County Real Estate Activity Dips In December 2023

Cont'd From Page 14

have limited options to choose from. Additionally, although home loan interest rates are coming down a little but in some cases rates still exceed 7 percent, so these same homeowners are also less likely to refinance, leading to a decrease in the number of mortgages being recorded," said O'Donnell.

For the month of December, lending activity overall continued to decline from December of last year. A total of 1,124 mortgages were recorded, which is 19 percent less than last year and 4

percent less than last month.

"Those who took advantage of the lower interest rates in 2020 and 2021 are also less likely to refinance at current rates, and with property sales down, this results in a more pronounced decline in the number of mortgages recorded," said O'Donnell. "For individuals who are struggling to keep up with payments, refinancing at a higher interest rate is not going to help."

The Norfolk County Registry of Deeds continues to closely monitor the foreclosure market. In December 2023, there were 6 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in December 2022, there were 4 recorded. The total number of notices to foreclose, the first step in the foreclosure process, decreased from last year, going from 40 notices in December 2022 to 26 in December 2023. This resulted in 35 percent decreases in the number of notices to foreclose.

"We all experience unforeseen events in our lives. Sometimes these events are beyond our control and can have a devastating impact on our finances. I would urge anyone struggling to pay their mortgage or who knows someone who is struggling to contact one of the non-profit organizations listed on our website, www.norfolkdeeds.org," said O'Donnell.

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181 x376) and NeighborWorks Housing Solutions (617-770-2227) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney

General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

"The decrease in the number of documents recorded at the Registry of Deeds indicates a significant decline of 15 percent in real estate activity," O'Donnell said. "This could be attributed to various factors such as rising interest rates, a lack of available inventory, or elevated property prices. It will be important to monitor these trends and see how they impact the overall real estate market in the coming months."

To learn more about these and other Registry of Deeds events and initiatives, "like" us on Facebook at [facebook.com/norfolkdeeds](https://www.facebook.com/norfolkdeeds). Follow

us on Twitter and Instagram at @norfolkdeeds.

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information.

All land record research information can be found on the Registry's website, www.norfolkdeeds.org. Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101 or email registerodonnell@norfolkdeeds.org.

NQ Girls' Hoop Bows To Pembroke

Cont'd From Page 19

led 15-14 after one.

Pembroke overcame the deficit in the second quarter, in part thanks to a strong run at the beginning of it.

Pembroke started the quarter on an 11-2 run, building a lead in the process. The first six points came unanswered: a layup, free throw, and three-pointer in the first two minutes of the quarter. Then, Bryan hit a layup, but Pembroke kept going. With 4:46 left, it hit another layup, and about 45 seconds later, the team added a three-pointer.

While the Raiders scored 12 points in the quarter, with Powers and Bryan hitting three-pointers, and Jillian Jaehnig and Caroline O'Donnell also getting baskets, Pembroke's offense exploded for 22 points, making it a 36-27 game at halftime.

As the second half progressed, Pembroke expanded its lead. The team scored five points in the first minute of the third quarter on a three-pointer and two free

throws. About 30 seconds later, it hit a layup to go up by 16 points.

There were two times in the third quarter when Pembroke extended its lead to 20 points, but it never got past that mark.

The Raiders added another 12 points in the quarter, while Pembroke scored 21. Autumn O'Campos was a part of that offensive effort, hitting two baskets and scoring a free throw. Similarly, Bryan hit two free throws and a three-pointer, plus Maeghan Smith had a basket. Pembroke led 57-39 after the third quarter.

Although the Raiders weren't able to make a comeback in this one, they did outscore their opponent 15-14 in the final frame.

The Raiders had four different scorers in the fourth quarter: Bryan, Toland, and Powers each had two baskets, while Powers added a free throw, and Nora Geary also made a basket.

The game against Pembroke was the first of two scheduled matchups between these two teams this season. They will also play each other on Friday, Feb. 2, in Pembroke (6 p.m. start time).

The Raiders have some experience on their side this season, with eight seniors on the roster. The team this year includes: senior guard Mary Sacco, sophomore guard Maeghan Smith, senior guard Emma Cramond, senior forward Jillian Jaehnig, senior forward/center and captain Autumn O'Campos, junior guard Iris Gjoka, senior guard/forward and captain Ava Bryan, sophomore guard Ella Lynch, freshman guard Maeve Powers, senior guard Molly Toland, freshman guard Nora Geary, sophomore guard Harper Mergel, senior forward Grace Pickering, and senior forward/center Caroline O'Donnell. Liana Cunningham is the team's head coach.

The next game for the Raiders will take place this Friday, Jan. 12, at home against the Marshfield Rams (6:30 p.m. start time).

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
Department of Public Works

INVITATION TO BID

The Department of Public Works for the City of Quincy, Massachusetts is seeking sealed bids for **ON-CALL OPERATION AND MAINTENANCE SERVICES FOR PUMP STATIONS AND WATER QUALITY INFRASTRUCTURE CY2024 - CY2026** until 11:00 a.m., local time **Thursday, January 25, 2024**, in the Office of the Purchasing Department, 1305 Hancock Street, Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The scope of services described herein align with the City's current federal and state regulatory obligations. Interested Operations & Maintenance Contractor(s) must possess the labor, skill, equipment, and technology to provide routinely assess the operational conditions of the City's Pumping Stations, tide gates and check valves, sewer and stormwater siphons, sewer ejector stations, stormwater quality devices, and all other typical Water/Sewer/Drain infrastructure. The estimated value of the contract is \$75,000.00. A 5% Bid Bond is required.

All inquiries must be received via email to klogan@quincyma.gov and cc: mmarini@quincyma.gov thru January 19, 2024 by 12:00 p.m.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM. Specifications will be available January 10, 2024, at 10:00 a.m.

The bidding and award of this contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised. All applicable Federal, State and City of Quincy regulations in relation to and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced bids may be rejected.

Thomas P. Koch, Mayor
Alfred J. Grazioso, Commissioner of Public Works
Kathryn R. Logan, Chief Procurement Officer

1/11/24

REQUEST FOR QUALIFICATIONS (RFQ)

Request for Qualifications (RFQ)
"Architect and/or Engineer Services"
City of Quincy, Massachusetts

Notice

The City of Quincy, acting through the Department of Public Buildings, is soliciting Qualifications from Architecture and/or Engineering Firms for the North Quincy High School (NQHS) façade and building envelope improvements project. The qualifications-based selection of consultant professional services may include, but are not limited to, architectural and engineering professional services for concept designs, design development, final design documents to be bid under MGL Chapter 149, public bid support services, construction administration and construction oversight services, and any other related services or processes contemplated in MGL Chapter 7C.

Proposals will be received at the Office of the Purchasing Department, City Hall, 1305 Hancock Street, Quincy, MA 02169, until **Thursday, January 25, 2024 at 2:00 p.m. as specified in the RFQ.**

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM.

All inquiries regarding this bid should be directed to Kathryn R. Logan, Chief Procurement Officer by email: klogan@quincyma.gov and cc: mmarini@quincyma.gov. Inquiries will be accepted until January 18, 2024, at 4:00 p.m.

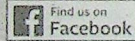
The City of Quincy Public Buildings Department shall lead a QBS process that may include shortlisting firms for interviews. A designer fee has not yet been set and will be negotiated with the most Highly Advantageous respondent. The City of Quincy reserves the right to withdraw the RFQ; to reject any and all RFQ responses; and to accept the response deemed to be in the best interest of the City of Quincy.

Non-responsive and/or unbalanced bids may be rejected.

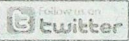
Thomas P. Koch, Mayor
Paul J. Hines, Commissioner of Public Buildings
Kathryn R. Logan, Chief Procurement Officer

1/11/24

Quincy Access Television
88 Washington Street
Quincy, MA 02169



www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, January 11
6:00pm: Bethany Congregational Church
8:00pm: High School Basketball
Friday, January 12
11:30am: LIVE: Currently in Quincy
7:00pm: AM Quincy: State Rep. Tackey Chan
Saturday, January 13
1:00pm: High School Basketball
7:00pm: The Call
Sunday, January 14
10:00am: Bethany Congregational Church
11:30am: Quincy Point Church Good News
Monday, January 15
12:00pm: TCLP: Policing Black Bodies
7:00pm: TCLP: Black Naval Heroes
Tuesday, January 16
7:00am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch
Wednesday, January 17
6:00pm: Quincy Point Church Good News
7:00pm: The Call

Government Access Channel 9

Thursday, January 11
4:00pm: Board of License Commissioners 1/9
5:00pm: Zoning Board of Appeals 1/9
Friday, January 12
10:30am: Health Links: Aging Strong
9:00pm: State View: Rep. Tackey Chan
9:30pm: In the Know: Mass Office on Disability
Saturday/Sunday, January 13/14
10:00am: Good Deeds
10:30am: State View: Rep. Bruce Ayers
12:00pm: City Council 1/8
4:00pm: Board of License Commissioners 1/9
5:00pm: Zoning Board of Appeals 1/9
9:30pm: City Council 1/8
Monday, January 15
1:30pm: Staying Healthy Through Winter
Tuesday, January 16
4:00pm: Board of License Commissioners 1/9
6:00pm: Zoning Board of Appeals 1/9
Wednesday, January 17
6:00pm: In the Know: Office of Healthy Homes
6:00pm: LIVE: Planning Board

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

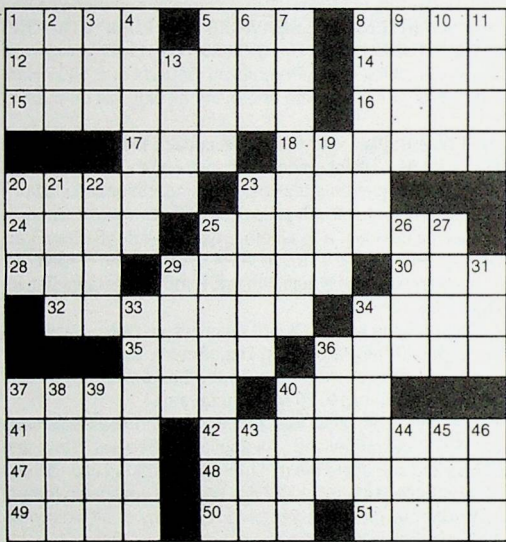
SUN FUN PAGES

King Crossword

ACROSS

- 1 Muscat's land 41 Dog's bowlful 19 Back muscles, for short
5 Droid 42 Fly at a low altitude 20 Trendy
8 — Romeo 47 Grate 21 Heart charts
12 Squid dish 48 Points of view 22 Bound
14 Crowd noise 49 Pro votes 23 Fact
15 Earring shape, often 50 Bit of butter 25 Pastry store
16 Rock's Moetley — 26 Scarce
17 Little louse 51 Regimen 27 Hourglass fill
18 Great — 29 Portal
20 Spiral 31 "Psst!"
23 Cannon of film 33 Prevents, legally
24 Sofa brand 4 Land created 34 Virgil epic
25 Cake mixes by C.S. Lewis 36 Billboard
28 Links org. 5 Lisa's brother 37 Poet Teasdale
29 Los —, California 6 Spanish gold 38 Theater production
30 Satisfied sigh 7 Apex 39 Church section
32 "Say something!" 8 Esoteric 40 Work on proofs
34 "Alfred" composer 9 Chicago's Mayor 43 Clean air org.
35 Flower part Lightfoot 44 — polloi
36 Run-down 10 Mythic man-goat 45 Single
37 Sudden bursts 11 War god 46 Calif. clock setting
13 1509, to Cato

DOWN



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MAGIC MAZE • RODENTS

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QOMRKIGECSAAYWU
REVAEBSQPSTRNSL
SQUIRRELJTHAFKE
CAGROUNDHOGBRNY
XSLIBREGVMCYEUU
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NMC DKJHFEAYASPC
BILOMSELBMP CMIZ
MYXGIPAENIUGAHV
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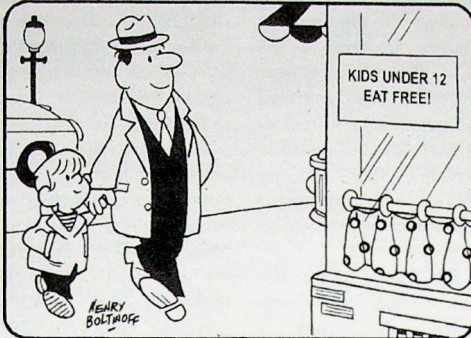
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: DAM BUILDER

- | | | | |
|-------------|------------|------------|--------------|
| Blesmol | Coypu | Hamster | Prairie dogs |
| Capybara | Gerbils | Marmots | Rats |
| Chinchillas | Groundhog | Mice | Squirrel |
| Chipmunks | Guinea pig | Porcupines | |

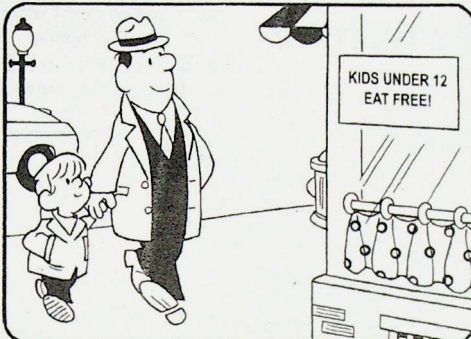
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Light is moved. 2. Nose is smaller. 3. Buttonholes are added. 4. Bricks are lower. 5. Headlight is missing. 6. Shirt is different.

Trivia test

1. GEOGRAPHY: The Darien Gap separates which two countries?
2. GENERAL KNOWLEDGE: What is Three Kings Day also known as?
3. MOVIES: What's the name of the supervillain character in the animated film "Despicable Me"?

4. LITERATURE: Who is the author of "The Kite Runner"?
5. TELEVISION: What is the name of the motorcycle-riding greaser in the sitcom "Happy Days"?
6. U.S. PRESIDENTS: Which musical instrument does former President Bill Clinton play?
7. GAMES: In the game Bat-

leship, how many ships does each player have at the beginning?
8. MUSIC: Which famous rock singer was born with the name Farrokh Bulsara?
9. HISTORY: What was the name of the first U.S. Space Shuttle?
10. U.S. STATES: Which state is home to the Mammoth cave system, believed to be the longest in the world?

Answers

1. Panama and Colombia.
2. Epiphany.
3. Gru.
4. Khaled Hosseini.
5. Fonzie.
6. Saxophone.
7. Five.
8. Freddie Mercury.
9. Columbia.
10. Kentucky.

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Wishing Well®

7 4 8 7 6 4 2 3 8 4 2 5 6
D L A O F O L T P V I Y R
4 5 4 3 8 3 5 8 4 5 7 6 8
I O N A P K U R G G C E E
3 7 4 8 6 5 3 2 6 5 4 5 7
E U J C S A C N H I O N M
4 5 2 7 3 7 3 2 3 7 5 8 3
Y A G E H N A E R T P I G
7 3 6 5 6 8 6 7 8 7 8 7 5
I E C P H A O N T T E H R
7 5 2 6 5 6 5 7 6 8 7 5 7
E O R I V C A M E O A L I
6 7 2 8 2 8 2 8 2 8 2 8 2
S L A T W H H E I R L S E

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) It's better to get an explanation of a colleague's behavior first, rather than trying to guess at the motive. Speculation can never replace facts. What you learn could lead you to reconsider some of your plans.

TAURUS (April 20 to May 20) The practical Bovine wants to see some substantive changes in a situation that just doesn't feel right. You might want to help move things along by offering up some suggestions.

GEMINI (May 21 to June 20) You might be of two minds about a situation that seems to fit your needs, but might make more demands than you're ready for. Use both your head and heart to reach a decision.

CANCER (June 21 to July 22) Don't blame yourself if you can't figure out that puzzling workplace situation. You might not have enough facts to work with yet. Do more research and ask more questions.

LEO (July 23 to August 22) It's a good week to catch up on matters that couldn't be completed during the hectic holiday season. It's also a good week to reach out to any new friends you made over the holidays.

VIRGO (August 23 to September 22) A negative reaction to a request could be misunderstood. Make sure that your reasons for saying "no" are clear. Also, be open to changing your mind if more facts come through.

LIBRA (September 23 to October 22) The "security"

of doing things the usual way should be balanced against the possible benefits of moving into a new direction. Also, work quickly to avoid a possible family misunderstanding.

SCORPIO (October 23 to November 21) A personal matter requires attention and might lead to a surprising revelation. Meanwhile, the new year could bring some long-anticipated changes to the workplace.

SAGITTARIUS (November 22 to December 21) A new friendship seems to hold less promise than you previously thought. But make no assumptions one way or another without having an open and frank talk first.

CAPRICORN (December 22 to January 19) Your creative input could lead to changes in the workplace. Even if some colleagues disapprove of your efforts, stay the course. You're heading in the right direction.

AQUARIUS (January 20 to February 18) While this week is mostly positive, a few negative factors might arise. It's best to deal with them before they create problems that can jeopardize some of your later efforts.

PISCES (February 19 to March 20) You might feel like you have all the facts and support that you need to deal with a long-deferred situation. Good for you! Once the matter is finally settled, you can move on.

BORN THIS WEEK: You are a sincerely generous person who never has to be asked to do something nice for others.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

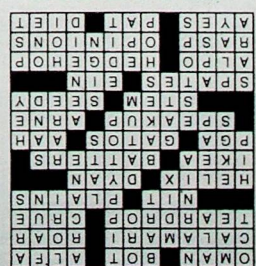
Clue: V equals L

FA J SQFVV ZBQYBJWR KCGGJWSZ
ZCVSFBQZ RC QFZB RC REBFO
ABBR, F'S KJVV REJR J
ZRJWSFWY CQSBQ.

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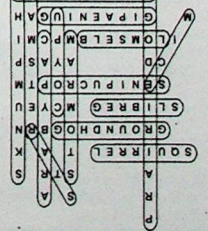
King Crossword

Answers
Solution time: 22 mins.



Magic Maze

ANSWERS:



CryptoQuip

answer

If a drill sergeant commands soldiers to rise to their feet, I'd call that a standing order.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — George Clooney will co-star with Adam Sandler in an untitled Netflix film, but definitely says “no” to playing Batman ever again, despite Clooney turning up as Bruce Wayne at the end of “The Flash” (2023). He confessed that the chances of him playing Batman again are less than slim to none. “I don’t think there are enough drugs in the world for me to go back!” he remarked.

Another who also thinks he’s done playing his superhero, Aquaman, beyond “Aquaman and the Lost Kingdom” is Jason Momoa, who admitted that the new DC bosses are shifting their focus as they “start their new thing up.” He continued, “The truth of it is...I mean, if the audience loves it, then there’s a possibility.” Considering the first “Aquaman” grossed \$1.152 billion against its \$200 million cost, DC would be crazy to replace Momoa!

Looking back one last time at 2023 and the friends we’ve lost brings to mind Bob Barker at CBS, where he taped “The Price Is Right.” He was the most likable and friendly guy to everyone. He passed on Aug. 26, 2023, at 99. My friendship with “All My Children’s” Nick Benedict started in 1973 and continued as he went on to star in “Days of Our Lives,” in 1993. He was such a regular guy and a blast to hang out with. He left us on July 14,

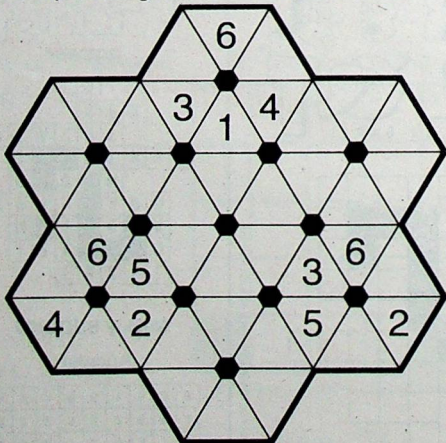
2023, at 77, due to complications from surgery. In 1971, I was assigned to accompany Chaim Topol on his Hollywood press tour for “Fiddler on the Roof.” He was a natural choice to play Tevye in “Fiddler.” It was as if Tevye was with us every step of the way; he was so much like him in real life. He left us on March 8, 2023, at 87. I became friendly with Suzanne Somers when her manager, Jay Bernstein (who also managed Farrah Fawcett), hired me to photograph her extensively. She was always pleasant, professional and a lot of laughs to be around. But she also could turn on “the business woman” side of herself when she had to and be tough! She was still as beautiful as ever when she left us on Oct. 15, 2023, at 76. Finally, I met Ryan O’Neal when I was only 14. He was at NBC in New York promoting his upcoming show “Empire,” starring Richard Egan. I walked him to his hotel, and he asked what I wanted to be. I said, “An actor like you.” He was encouraging. In 1967, just before he starred in the series “Peyton Place,” I ran into him at The Daisy club, and he remembered me and asked, “Did you make it yet?” I replied, “If I had, would you have to ask?” It was then that I decided to become a photojournalist! He left us on Dec. 8, 2023, at 82, but I’m still here to tell my tales!

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★★

★ Moderate ★★ Difficult ★★★ GO FIGURE!

	÷		+		4
+		×		+	
	÷		+		11
-		÷		÷	
	-		×		2
10		2		5	

1 2 3 4 5 6 7 8 9 0

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Art Deco — The legal definition of an antique is that it is at least 100 years old. This means the art deco era is officially reaching antique status. The name “art deco” is believed to come from the Exposition Internationale des Arts Decoratifs et Industriels Modernes (International Exhibition of Modern Decorative and Industrial Arts) in Paris in 1925, but the style already existed by the time of the exhibition.

World War I is generally considered the end of the art nouveau period and the beginning of art deco. People were moving into smaller homes and wanted inexpensive furniture where form followed function. The new machinery, manufacturing techniques and materials of the time lent themselves to the sleek geometric shapes that define the era.

Q: My son was in a book club in the late 1950s-early 1960s. They had the first editions of Dr. Seuss books. The books are in good condition. Are they worth anything?

A: Theodor Seuss Geisel wrote more than 60 children’s books under the name Dr. Seuss. Some of his most famous books were written in the 1950s and ‘60s and continue to be the most popular children’s books in the world. Identifying Seuss’s first edition books is a challenge. The publishers did not explicitly print “First Edition” but printed a copyright date. There are experts who can help identify books that may be valuable first editions. Recent

high-priced books are “And to Think I Saw it on Mulberry Street,” Horton Hears a Who,” and “How the Grinch Stole Christmas.” They have recently sold from \$300 to \$2,400.

TIP: Brown shoe polish is good to cover scuffs and slight damage on furniture.

CURRENT PRICES

- Salt and pepper shakers, ceramic, Rockingham glaze, architectural planter form, two cones end-to-end, marked “Genuine Rockingham, Cook/Serve by Tackett,” LaGardo Tackett, 1960s, 5 in. x 2 3/4 inches, diameter, \$55.
- Furniture, chair, Shell, molded fiberglass, elephant hide gray, molded rope edge, black wire Eiffel Tower base, Charles and Ray Eames for Herman Miller, 30 1/2 x 25 x 21 inches, \$375.
- Doorstop, two bathing beauties, huddling together under umbrella, art deco style, cast iron, Fish Series, Hubley, 11 inches, \$740.
- Pottery tile, peacock and small bird in tree, multicolored, glossy finish, marked, Paul Revere Pottery, c. 1915, frame, 5 1/4 x 5 1/4 inches, \$985.
- Toy, robot, Chief Smoky, Advanced Robotman, “Mr. Chief” on chest, walks in erratic pattern, head lights up, releases smoke through top of helmet, battery operated, Yoshiya, Japan, original box, 12 inches, \$2,345.

For more collecting news, tips and resources, visit www.Kovels.com

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STICKELERS [sic] by Terry Stickels

The letters in the figure below are strung together in such a way that they spell a 16-letter word. Can you figure out the word?

L	I	T	Y
I	O	D	E
B	I	B	G
A	D	A	R

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Strange BUT TRUE

• Fireflies are the most efficient producers of light in the world.

• Tong Aonan solved 840 Rubik’s cubes, then used them to create a portrait of his crush and declare his love for her. Sadly, she rejected him

• A runaway tortoise in Putnam County, Florida, covered a span of five miles in three and a half years before ending up at Florida’s Wildest Animal Rescue, where a staff member was able to determine its identity and reunite it with its owners.

• Snake Venom, the world’s strongest beer, has an alcohol level of 67.5%.

• Breton, a great white shark, created a self-portrait of sorts with its GPS tracker on its travels through the Atlantic Ocean. What made the mapped outline remarkable was its resemblance to a great white shark!

• Anuptaphobia is the fear of being single forever.

• Sixteen-year-old Titanic survivor Katherine Gilmnagh

didn’t understand the ship’s dire situation until she made it safely to New York, but thought that being put into lifeboats and picked up by the Carpathia was part of the voyage.

• Asian hair grows 30% faster than Caucasian hair.

• The soft drink Mountain Dew was created in Tennessee in the 1940s as a mixer for whiskey, hence its name (a slang term for moonshine).

• If, like many Americans, you have trouble getting to sleep, you might try the advice of researchers and go low-tech camping for at least a week. The lack of electronics helps reset the body clock and synchronize melatonin hormones with sunrise and sunset.

• A bookstore in Australia wraps its volumes in paper with short descriptions attached so potential buyers won’t “judge a book by its cover.”

Thought for the Day: “How wonderful is it that nobody need wait a single moment before starting to improve the world.” — Anne Frank

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Now here’s a tip!

by Jo Ann Derson

• If you lose a contact lens, you can try turning off the lights and using a flashlight held perpendicular to the floor. They sort of reflect the light, and as you move the beam of light across the floor, it will flash. This has helped me many times. I am a little clumsy when I put my contacts in. Thanks! — R.E. in South Carolina

• Great diet control tip: When serving dinner, portion out the meal, then pack up the leftovers right away. You won’t be as tempted to go back and have seconds, nor stuff a few more mouthfuls in when cleaning up later.

• I have a medicine that I take with every meal. Surprisingly, it’s difficult to remember whether I took it already when I’m eating on the go or out with friends. I keep small containers in my purse labeled “lunch” and “dinner,” each with one pill inside. Before I eat, I look in the container. If a pill is there, it means I for-

got to take it. Then I refill the container when I get home and it’s ready for next time.

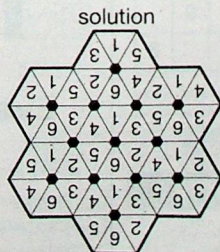
• Last year, I had a large wall calendar at the office. It was a wet-erase calendar with the year on one side and a “planning space” on the back. When the year was over, I needed a new calendar, but the blank side was still usable. I took it home and cut it to fit inside my kitchen cabinets. I have a handy space to jot notes and such. — R.W. in Colorado

• This is a fun game for kids to play with cookies: Stamp the alphabet letters into the top of mini cookies, or use a kebab skewer to write words. Then let the kids spell out their name or make sentences or silly phrases. — B.D. in Mississippi

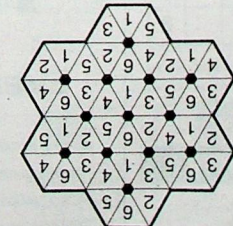
Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES



solution



Stickelers Answer

Go Figure! answers

5	2	10
2	2	7
2	2	7
÷	÷	-
11	9	8
+	×	+
+	+	6

Starting with the B in the middle, then moving to its left in a clockwise spiral, you spell BIODEGRADABILITY.

Super Crossword

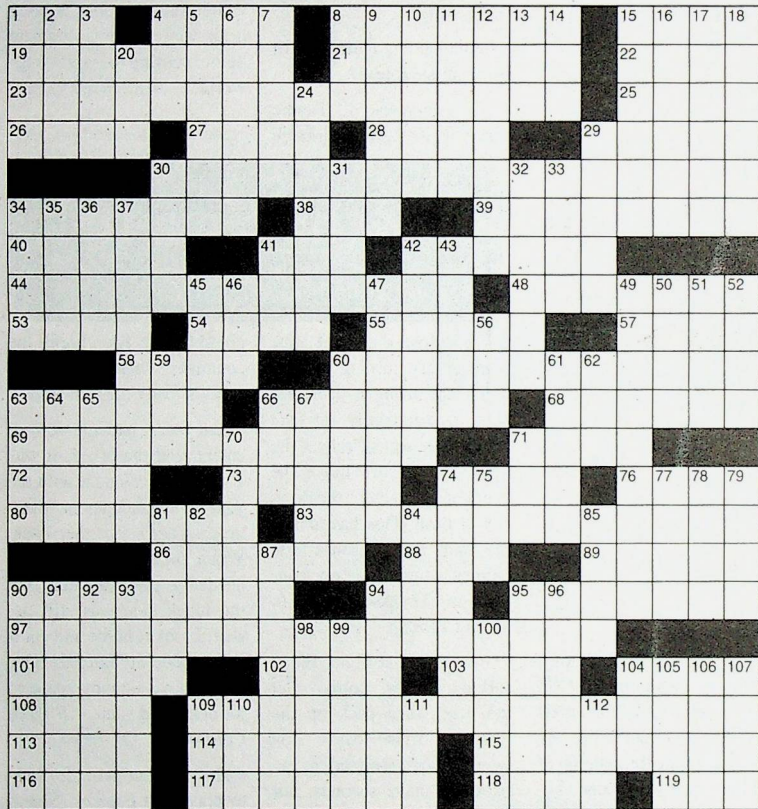
LEGAL THRILLERS

ACROSS

- Highest roll of a single die
- Peak in Thessaly
- Freaks out
- Subjective paper piece
- Never dying
- Kind of cherry named for its shape
- sci. (coll. major)
- Scaled-down symphony group [1994]
- Mallorca, por ejemplo
- "King" primate
- Writer Ferber
- Anti-bias job agcy.
- Gown fabric
- Program interacting with a remote server [1993]
- Bygone times
- Nurtured
- Kids' song with French lyrics
- to go (gung-ho)
- "It's ch-chilly!"
- Whimpered like a baby
- Place to disclose sins [2010]
- Coinage for something with no name
- Beginning on Thessaly
- "To — much is given ..."
- Nantes' river
- Sets of points on graphs
- Shallowest Great Lake
- Waltz or tango [1997]
- Itinerant band member, say
- State after wedlock
- Having more seepage
- Panels that may reverse decisions [2008]
- Melody
- Jungle roarer
- Ouzo
- Exact lookalike
- Brand of rodent killer
- Horse-man of myth
- Greeting act conveying confidence [1991]
- First-rate
- Flub it up
- Actress Shire
- Plant snugly
- cone
- Junk email sender
- Samoan
- peak famous for trapping clouds [1995]
- Italian port
- Exactly
- Money won in a game of dreidel
- Claudius I's successor
- Getting the job done
- What the first word of each of seven answers in this puzzle is, when preceded by "The"
- Stun with a charge
- Canceled by crossing off
- Revising, as text
- Bishops' jurisdictions
- Prescription amounts
- Berlin article
- Meadow
- Ailing
- Texter's "If you ask me"
- Mutant Marvel superhero
- Celestial ball
- Like a cold, hard gaze
- Manhattan eatery since 1927
- Isolated
- Ad — committee
- Hatchet part
- Ram or ewe
- "The Fox and the Crow" storyteller
- Tabby's scratcher
- Bobby of hockey
- Venus Williams' org.
- Sedative drug
- Sticky little sheet
- "Mama" Cass
- Actress Wiest
- Texter's "Yikes!"
- Bolted to escape
- Riyadh native
- Sugar source
- Shore flier
- "Not yet sure what my answer is"
- Director Joel or Ethan
- Killer whale
- Neighbor of Myanmar
- Early James Bond foe
- Not similar
- Dust jacket
- write-up
- Demi and Dudley
- Departs
- Cupcake flourish
- That lady
- Less spicy
- Honey-coated Easter entree
- Anderson of "WKRP in Cincinnati"
- Cicero's "Lo!"
- Cake layer
- ICU workers
- Actor Stephen
- Iran's former name
- Ball-shaped
- Put on, as an outfit
- After-bath powder
- Andy Taylor's boy
- Sitting atop
- Suffix with ball
- Innocent types
- President before Donald
- Shallow pan
- Swarms
- Huge
- conflict
- Sedate
- Steinbeck migrant
- Close
- In — (more than sleeping)
- Arm bone
- Eatery list
- Baseballer Musial
- Is really mad
- Grain fungi
- "Watch Me (Whiplash)" (2015 hit)
- "Apollo 13" actor Gary
- Bills worth 100 bucks
- "You got that right!"
- Meat in a sub
- Coal-mining guys
- MMA fighter Rousey
- Armageddon nation
- Little laugh
- Silent "yes"
- Like villains
- Russo of film
- Gymnast Korbut
- Elly May Clampett's pa
- Good Grips kitchen brand
- "a trap!"
- Ark-to-ill. dir.

DOWN

- Ailing
- Texter's "If you ask me"
- Mutant Marvel superhero



celebrity extra

by Dana Jackson

Q: How is Jeremy Renner doing since his terrible leg injury? Is he going to continue acting soon? — D.N.

A: Fortunately, two-time Oscar-nominated actor Jeremy Renner will be able to work again after nearly losing his life this past year after being run over by a snowplow on his property. He suffered injuries to his chest and limbs, but has since made a substantial recovery. He recently appeared on CNN's "New Year's Eve Live" show and told hosts Andy Cohen and Anderson Cooper that he's due back on the set of his Paramount+ series "Mayor of Kingstown." He said that he had a lot of loved ones to live for, including his 10-year-old daughter and the nephew he saved from being hit by the snowplow in his driveway. In addition to acting, Renner is releasing a song called "Wait" that is dedicated to his daughter. It's the first single from his upcoming EP, "Love and Titanium," which will be released on Jan. 19.

Q: When is the "Game of Thrones" spinoff about Jon Snow coming out? I read a while back that Kit Harington will once again be playing the character. Is this still

happening? — A.J.P.

A: According to Casey Bloys, CEO and chairman of HBO, there are several "GoT" spinoff series in development, but none is "close to a green light or anything...but we are always working on different scripts and ideas." That doesn't sound too promising, but an article on TVLine assures us that a series based on Jon Snow starring Kit Harington is one of those projects "in the works."

Meanwhile, "House of the Dragon," a "GoT" prequel series, will be back on HBO for its second season this summer. One of the characters from that show is being given his own series — Corlys Varyon, played by Steve Toussaint. Titled "Nine Voyages," the series was originally going to be live-action, but will now be animated due to the "budgetary constraints" involved in filming a show that takes place at sea with "different ports each week." "GoT" author and "House of the Dragon" creator George R.R. Martin says that there are actually three additional animated series in the works. He added: "There's a whole world out there. And we have a lot better chance of showing it all with animation."

Q: Why did "Jeopardy" get rid of Mayim Bialik as one of the hosts? She was my favorite. — Y.T.

A: Mayim Bialik was dealt a double blow this past year. Her latest sitcom, "Call Me



Jeremy Renner in "Mayor of Kingstown"

Courtesy of Paramount+

Kat," was canceled by Fox after three seasons, and she also lost her job as co-host of the popular syndicated game show "Jeopardy." According to TV Insider, Sony claimed that the decision to fire her was to "maintain continuity" for viewers by only having one host — Ken Jennings. However, rumor has it that Sony wasn't happy with her when she refused to host the show during the writers' and actors' strikes. Hopefully, she'll be returning to our screens soon. She's reportedly been working on a reboot of "Blossom," the sitcom that launched her career in the '90s.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWs, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

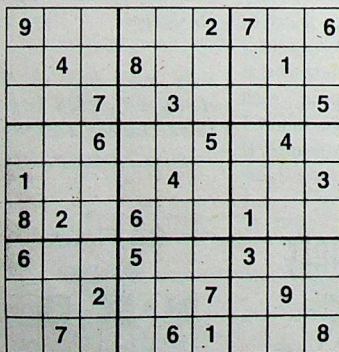
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|------------------------|-----------|----------------------|-----------|
| 1. Sand castle locale | ___ A ___ | Judge's seat | ___ N ___ |
| 2. Ordinary | ___ L | Bates from "Psycho" | ___ N |
| 3. Groucho's sibling | ___ O | Nags relentlessly | ___ S |
| 4. Gooney to the touch | ___ I | Hefty | ___ O |
| 5. Adobe piece | ___ C | Cool, like the air | ___ S |
| 6. Stopwatch | ___ M | Sher Khan, e.g. | ___ G |
| 7. Self-pride | V ___ | Mental health | S ___ |
| 8. Wisconsin mammal | ___ D | Grocery store worker | ___ G |
| 9. Hand warmer | ___ V | Circular map | ___ B |
| 10. Spaceship | R ___ | Photo pendant | L ___ |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

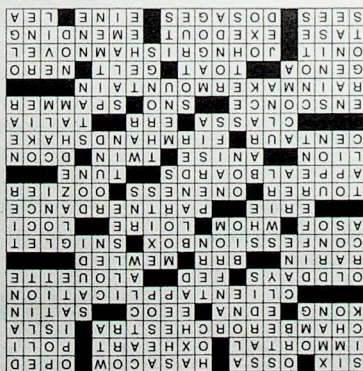
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Super Crossword

Answers



Even Exchange answers

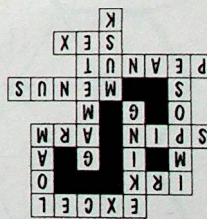
- | | |
|--------------------|--------------------|
| 1. Beach, Bench | 6. Timer, Tiger |
| 2. Normal, Normans | 7. Vanity, Sanly |
| 3. Harpo, Harps | 8. Badger, Bagger |
| 4. Sticky, Stocky | 9. Glove, Globe |
| 5. Back, Bnisk | 10. Rocket, Locket |



XSE
TANUPE
NUMSE
MALO
ATEGEM
♥RKI
♥NISP
CLEEX
♥RMA
OMESIP
NEGIK
MSKU

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

FEAR KNOT answer



Weekly SUDOKU
Answer



Amber Waves

WOW, IT'S REALLY A COLD ONE OUT HERE THIS MORNING!

I CAN'T FEEL MY TOES. GONNA GET THOSE CHORES DONE QUICK AND GET BACK INSIDE.

SURE GLAD I'M NOT THAT POOR LIVESTOCK THAT HAS TO PUT UP WITH THIS WEATHER.

COME ON, LOU, LET ME IN. I'M SORRY I TEASED YOU. I THOUGHT YOU WERE MAKING A SNOWMAN!

Out on a Limb

AWRIGHT, THEN...I RECKON I'M GONNA BITE YOU IN YOUR NECK THEN. HMM, MMM

SLINGBLOOD
THE SAGA OF CARL THE VAMPIRE

Americanisms

"One of the hardest things in life to learn is which bridges to cross and which bridges to burn."
—Oprah Winfrey

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Just Like Cats & Dogs

by Dave T. Phipps

CAN YOU AT LEAST GIVE THIS HEALTHIER CEREAL A CHANCE, OR DO YOU REQUIRE A CARTOON CHARACTER ON THE FRONT?



Aggressive Dogs Keep Owner Away From the Dog Park

DEAR PAW'S CORNER: I've had to change the time of day that I visit the local dog park, because a new neighbor brings his two huge, aggressive dogs each morning at the same time as I do. They charge other humans, chase and snarl at other dogs, and make it impossible for other dogs to socialize calmly. The neighbor does nothing to control them and tells other owners that it's their fault that his dogs are acting aggressive. To prevent injury to my dog (or myself), I now wait until after work to go. But this is inconvenient for everyone in the neighborhood. How do I address this problem? — Dog Mom in New York

DEAR DOG MOM: You're doing the right thing by changing the time that you bring your dog to the park. It's important

to remove a dog from a situation you perceive as potentially dangerous or traumatic for them, and protecting them from harm. That's only the first step, however. The new dogs are terrorizing other dogs within the park, making life miserable for them and their owners. It's not fair, nor is it right. Dog parks within a city or town typically have rules of conduct posted at each entrance, but sometimes they're vague. It's up to each owner to properly train and socialize their dogs, and to keep them away from the park if they can't control rough play, aggression or reactivity. Report the problem to the organization in charge of maintaining the dog park. This may be a community group or the municipal parks department. Contacting animal control is another option. Write down the dates and times that incidents have occurred. If there is no active community group for the dog park, consider starting one so that owners can air their grievances and work out problems as a group.

Send your tips, comments or questions to ask@pawscorner.com.
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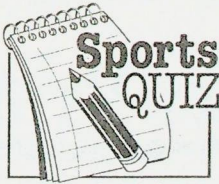
WORD LADDERS

Can you go from PLOYS to SHIPS in 6 words?
Change one letter for each rung in the ladder.

PLOYS

SHIPS

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by Ryan A. Berenz

- Cincinnati Reds relief pitchers Norm Charlton, Rob Dibble and Randy Myers were known collectively by what nickname during their 1990 World Series season?
- For what team did Pro Football Hall of Fame quarterback Bart Starr play college football?
- What ESPN poker analyst penned a weekly syndicated sports humor column called "The Couch Slouch"?
- What American tennis player was married to British tennis player John Lloyd (1979-87)?

- American skier Andy Mill (1988-2006) and Australian golfer Greg Norman (2008-09)?
- Athletes who perform a clean, a jerk and a snatch are participating in what sport?
 - What member of the Orlando Magic was NBA scoring champion in consecutive seasons from 2003-04?
 - What team made eight laterals to score on a controversial game-winning kickoff return touchdown vs. the Duke Blue Devils on Halloween 2015?

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STREAMING SOURCE

Here's what to watch and where to watch it for the week of January 15, 2024

- ON NOW: "True Detective: Night Country" (Season 4) — Max
ON NOW: "Role Play" (R) — Prime Video
ON NOW: "Traitors" (Season 2) — Peacock
- 16-Jan: "June" (Documentary) — Paramount+
- 18-Jan: "On the Roam" (Docuseries) — Max
- 19-Jan: "Love on the Spectrum U.S." (Season 2) — Netflix
- 19-Jan: "Real Time with Bill Maher" (Season 22) — Max
- 16-Jan: "Cats" (PG) — Netflix
- 16-Jan: "Death and Other Details" (Season 1) — Hulu
- 16-Jan: "Dusty Slay:"

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Micro Crossword

By Elizabeth C. Gorski

- Across
- Brazilian ballroom dance
 - "Give me a break!"
 - Juan's mom
 - Part of a school uniform
 - First lady?

1	2	3	4	5
6				
7				
8				
9				

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- Down
- Waterston and Raimi
 - No longer dozing

- Roman 2504
- Ballet studio rail
- Grateful Dead's "Without ____"

WORD LADDER

Answer
SDIHS 'SDPHS 'SLOHS
'SLOHS 'SLOHS 'SLOHS

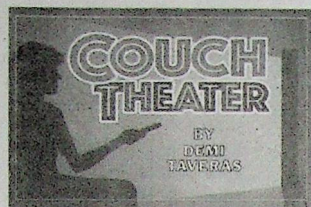
SCRAMBLERS

Today's Word
3. Delude; 4. Censor

Micro Crossword Answer

E	V	E
T	R	I
E	A	D
N	A	M
A	M	B

MORE SUN FUN



"The Hunger Games: The Ballad of Songbirds and Snakes" (PG-13) — In 2020, author Suzanne Collins released a prequel to her megahit series, "The Hunger Games," and it was quickly adapted to the big screen to join the other four films in the franchise. Starring Tom Blyth in his breakout role as a young Coriolanus Snow and Rachel Zegler ("West Side Story") as Lucy Gray Baird, the prequel is set 64 years before the events of "The Hunger Games." It focuses on Coriolanus' beginnings as an Academy student and how he was chosen to be Lucy Gray's mentor for the 10th Hunger Games. Clever and dangerously ambitious, Coriolanus knows that he can seize this opportunity to gain great power, but first, he needs to ensure that his songbird District 12 mentee gets out of the arena alive. Out now to rent. (Amazon Prime Video)

"Ted" (TV-MA) — Based on the feature films created by Seth MacFarlane ("Family Guy"), this prequel series takes viewers back to Massachusetts in 1993 to tell the origin story of the foul-mouthed teddy bear that everyone came to know and love in the first two films. In his early life, Ted lives with the family of his 16-year-old best friend, John (Max Burkholder), previously portrayed by Mark Wahlberg. After being pressured by the family to get an education along with John, Ted enters the terrifying realm of high school and attempts to find hilarity in all the awkward teenage milestones that come with it. The full series, consisting of eight episodes, premieres Jan. 11. (Peacock)

"Self Reliance" (R) — In his directorial debut, Jake Johnson ("New Girl") plays Tommy, a single network manager, who gets approached by Andy Samberg to star in a dark-web reality show with a prize of \$1 million. The premise of the show is simple: For 30 days, Tommy must avoid a group of hunters who will try to kill him. His only saving grace is that the hunters can only attack when he's alone. So, to survive, this lone wolf must find someone to shadow him. After a handful of people find excuses not to shadow him, Tommy finally encounters another player in the reality show, named Maddy (Anna Kendrick), and the two strangers team up to effectively avoid getting murdered. This comedy thriller releases Jan. 12 (Hulu)



Jake Johnson, left, and Anna Kendrick star in "Self Reliance."

"Lift" (PG-13) — A heist group consisting of six key players faces a choice between getting charged for identity fraud, money laundering and more or taking a deal offered by a government agent. This score would be their biggest yet — half a billion in gold — but the catch is that the gold is locked away in a safe on a plane. The only chance to stop the gold from reaching the terrorist who's desperate to get his hands on it is to steal it mid-flight. Kevin Hart leads this action-packed film, which also stars Gugu Mbatha-Raw ("Loki"), Jean Reno ("Leon: The Professional"), Sam Worthington ("Avatar") and more. Don't miss out on its premiere on Jan. 12. (Netflix)

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Contract Bridge

EVEN EXPERTS ARE HUMAN

North dealer.

East-West vulnerable.

NORTH		EAST	
♠ K J 10 6 3		♠ Q 8 5 4	
♥ K Q 9 6 2		♥ —	
♦ 10 7		♦ K J 8 6 4 2	
♣ 5		♣ 7 6 3	
WEST		SOUTH	
♠ A 2		♠ 9 7	
♥ A J 5		♥ 10 8 7 4 3	
♦ 9 5 3		♦ A Q	
♣ A Q J 4 2		♣ K 10 9 8	

The bidding:

North	East	South	West
Pass	Pass	Pass	1 NT
2 ♣	2 ♦	3 ♥	3 NT
4 ♥	Pass	Pass	Dble

Opening lead — three of diamonds.

Bridge is much too difficult a game for anyone to always play perfectly. Mistakes are fairly frequent, even at the highest level. The most that anyone can realistically hope to do is to hold their mistakes to a minimum.

Consider this deal from the 1977 world championship match between the United States and Sweden. When the U.S. held the North-South cards, the bidding went as shown. North's

two-club bid over one notrump showed length in both major suits.

West led a diamond against four hearts doubled, and the American declarer took East's king with the ace. A trump to dummy's queen. West following low, revealed the 3-0 trump division. South then returned to his hand with a diamond and this time led a spade.

West followed low, as most defenders would, and declarer went up with the king, since West was marked by the bidding with the ace of spades. Next came a low spade to West's ace, after which it didn't matter what West played next. With proper play, South was bound to make the contract.

However, West could have defeated four hearts by going up with the ace of spades at trick four and exiting with a spade. South would then have found it impossible to stop West from scoring two trump tricks with the A-J no matter how he continued.

It is not difficult to prove that the correct play at trick four was for West to go up with the ace of spades and return the suit. But in the heat of battle — when a defender does not have the time to analyze a situation completely and instead reacts instinctively — it is easy to make a mistake. West was only doing what came naturally.

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

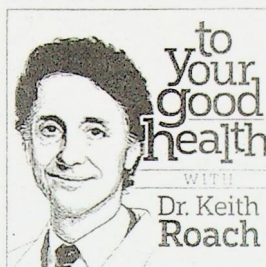
RIDDLE SEARCH — WHAT'S IN YOUR CLASSROOM?

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle. Who is in charge of the school supplies?

CALCULATOR
CHAIR
CHALK
CLIPBOARD
CLOCK
COMPUTER
CRAYON
DESK
DISC
ERASER
GLUE STICK
MAP
PAPER
PASTE
PUSHPIN
STAPLER
STENCIL
TABLE
TACK

G	D	R	A	O	B	P	I	L	C
T	L	I	C	N	E	T	S	H	A
M	P	U	S	H	P	I	N	E	L
R	A	R	E	T	U	P	M	O	C
C	P	P	A	S	T	E	K	C	U
R	E	L	P	A	T	S	T	H	L
A	R	U	B	L	E	I	A	A	A
Y	E	L	R	D	I	S	C	L	T
O	E	R	A	S	E	R	K	K	O
N	K	C	O	L	C	H	A	I	R

Riddle answer: _____



Hot Flashes Persist Well Past Menopause and Thyroidectomy

DEAR DR. ROACH: I am 81 and had a thyroidectomy in 2017. My whole thyroid gland was removed. I also had a little bit of cancer.

I have started to get hot flashes again. I had originally been on thyroid medicine before and after surgery. Then I was put on levothyroxine and decided to try NP Thyroid. I was doing better on NP Thyroid, then started getting the hot flashes again. At this point, for several reasons, I would rather stay on NP Thyroid for the time being.

I was wondering if there is anything I can take for hot flashes? Years ago, in my 50s, I took estrogen, which helped, but this is a different time. I have spoken with other people who are also having hot flashes again--Anon.

ANSWER: Hot flashes are common — about 75% of women in North America will experience them around the time of menopause. It's not uncommon for hot flashes to go away, then return, but I personally haven't seen them recur after 30 or so years. I'd be concerned that there may be another cause for them, which brings me to your thyroid.

Elevated levels of thyroid hormone can cause sensations very similar to hot flashes. One reason that I, along with most endocrinologists, recommend against products like NP Thyroid is because most of those products come from pigs. There are two thyroid hormones: thyroxine (T4) and triiodothyronine (T3). Humans have a different ratio of T3 and T4 than pigs do, with T4 getting converted into the active form, T3. T3 is then quickly broken down, so if it's used, it needs to be dosed twice daily.

As a result, if a person takes NP Thyroid, their thyroid levels are too high during one part

of the day and too low during another. This isn't good for anyone; the "high times" not only cause hot flashes, but also predispose people to atrial fibrillation. But it's particularly a problem in a person with a history of thyroid cancer, where we want the thyroid-stimulating hormone (TSH, the hormone in the pituitary gland that regulates the activity of the thyroid gland) to be on the lower side.

If the thyroid blood levels get low in the afternoon/evening when the T3 in NP Thyroid is gone, that can theoretically increase the risk of cancer recurrence as the TSH rises in response. So, in my opinion, you should be on levothyroxine, not NP Thyroid. (I do have a handful of patients who take levothyroxine and also take T3 twice daily. Some people are unable to convert T4 to T3 efficiently.)

Estrogen is the most effective treatment for hot flashes, but it increases the risk of heart disease when used by women more than 10 years away from menopause. I don't normally prescribe it to a woman in her 80s. However, there is a new medication called fezolinetant (Veoza), which is highly effective and reduced hot flashes by 93% in a trial. My only patient on it so far has reported 100% cessation of her hot flashes.

There are other rare causes of hot flashes, including tumors that secrete substances, such as carcinoid tumors, and tumors that secrete adrenalin-like hormones (pheochromocytomas)..

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

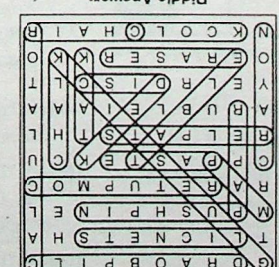
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Puzzles4Kids

Answer

The ruler.

Riddle Answer:



SENIOR NEWS LINE

by Matilda Charles

Kittens Vs. Senior Cats

One of my easy-to-accomplish resolutions for 2024 was to adopt a kitten, maybe 2-3 months in age. After consulting the local humane society's website and seeing dozens of tiny cats listed, I paid a visit to the shelter's group kitten room.

Of course they were cute, swinging from the chandeliers, racing, climbing and tumbling. And of course they were completely uninterested in the humans in the room who were smiling and enjoying the chaos.

Giving the kittens time to wind down for naps, I made my way to one of the adult cat group rooms ... wherein I was approached by not one, but two beautiful adult cats. I sat on the floor petting them as they milled around me, bumping me with their foreheads, purring, one of them reaching out with a soft paw to get my attention ... and did I mention the purring? The intention of both was clear: You will get me out of this place and you will take me home.

I consulted the list of cat information posted on the wall. One was a boy, one was a girl. Both had been found on the streets, both unclaimed. And they were both 12 years old.

That was not at all what I had in mind.

I came home catless, and a week later I'm still undecided. Can I handle the potential expensive vet care for two older cats? And the possible need for pricey specialty cat food as they age even more? While living on Social Security when our annual increase for 2024 is a mere 3.2% and vet care has increased nearly 15%?

Owning a pet brings down our blood pressure, reduces stress and keeps us active. It would seem that a senior human owning a senior pet would be a perfect match -- except when it isn't because of the cost.

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1. Name Shap & the Limelites' best known song.

2. Which one-hit group released "The Book of Love"?

3. What was the name of Rocky Raccoon's girlfriend?

4. Who covered "Tragedy" in 1961?

5. Name the song that contains this lyric: "It must have been cold there in my shadow, to never have sunlight on your face."

Answers

1. "Daddy's Home," in 1961. The song would have reached No. 1 on the chart but was kept from the top spot by Ricky Nelson's "Travelin' Man."

2. The Monotones, in 1958. They were mentioned in "American Pie," by Don McLean, but never had another major hit. The 1991 film "Book of Love" used the song in its soundtrack, done by Bo Diddley and Ben E. King.

3. Her name was Magil, and she called herself Lil, but everyone knew her as Nancy.

4. The Fleetwoods. Ronnie Dove and Brian Hyland also covered the song in later years.

5. "Wind Beneath My Wings," by Bette Midler in 1988. Although released by several others, Midler's version was the one that took one Grammy for Song of the Year and another for Record of the Year and was used in the film "Beaches."

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OBITUARIES

Celia M. Ridge, 94

Celia M. (Joyce) Ridge, of Quincy, died Jan. 1, 2024.

Celia lived a long, beautiful 94 years and was adored by her family, whom she loved dearly. She was a devout Catholic and her faith and Irish heritage were very important to her. She worked as a nutritionist specialist for over 20 years at Boston University and truly cared for all those she helped. She was an active woman, enjoying exercising at the Y and taking walks around the beach. Celia was a great gardener and cook. She was strong-willed, stood up for what she believed in, and stood by her family. Celia was a kind and helpful woman who was always there when you needed her. She will be greatly missed by all who knew her for her sense of humor and kind heart.

Celia Ridge was the youngest of seven siblings and was the beloved wife of the late John E. Ridge. She was the loving mother of Mary Lunt and her late husband Stephen of Pembroke, Eileen Barbuto and her husband Stephen of E. Bridgewater, Celia Barton and her husband Joseph of Quincy, Patricia Sullivan and her husband John of Quincy, William C. Ridge of Quincy, Colleen Coughlin and her husband Timothy of Dorchester, and the late John P. Ridge. Cher-



CELIA M. RIDGE

ished sister of the late Mary Noonan, Joseph Joyce, Margaret Buckley, and Peter Joyce. Also survived by 21 grandchildren, 21 great-grandchildren, and many nieces and nephews who loved her dearly.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Friday 4-8 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service will be held in the funeral home at 9 a.m. on Saturday prior to the Funeral Mass in Holy Trinity Parish at Our Lady of Good Counsel Church, Quincy at 10 a.m. Burial in Blue Hill Cemetery, Braintree.

In lieu of flowers, donations in memory of Celia may be made to Alzheimer's Assn., MA Chapter, 309 Waverley Oaks Rd., Waltham, MA 02452.

See www.Keohane.com for directions and online condolences.

Peter E. Schuerch, 90

Peter E. Schuerch, 90, passed away at his home in Bath, ME on Jan. 3, 2024. Peter was born on June 16, 1933 a son of Robert and Clara (Etter) Schuerch of Hough's Neck, Quincy, MA.

Peter was educated in the Quincy, MA school system. He graduated with a B.S. in Education from Fitchburg State College, Massachusetts. He taught in the Melrose, Norwell and Cape Cod School Systems.

Peter, an avid fan of sports, was an outstanding football player in high school. In his youth he sailed the water around Quincy Bay. As a young adult, he designed and with a group of friends built the "Pyramid" sailboats. This love of being on or near the water continued throughout his life.

In the late 1980s, Peter accepted his dream job as Superintendent of MacMahan Island, Maine, an island of 40 summer homes. He and the residents of the island formed remarkable friendships. Ones that he treasured for the remainder of his life.

Peter is survived by his



PETER E. SCHUERCH

wife of 42 years, Brenda Larson. Children: Mary Jane Knoblich (Keith) of Stoughton, MA, Kathy Brooks (William) of Quincy, MA, Jeanne McQuinn (Paul) of Quincy, MA, Patricia Sleeper (Phil) of Sebago, ME, Janice Provenzano (Kevin) of Port St. Lucie, FL and Peter E. Schuerch Jr. (Migena) of Braintree, MA, a sister Carol Schuerch Johnston of Quincy, MA as well as by 12 grandchildren and 7 great grandchildren.

Peter was predeceased by his parents, his brothers Richard W. Schuerch Sr., Robert Schuerch Jr., a grand daughter Victoria Schuerch and two step daughters Kimberly Larson and Amy Fagan.

A memorial celebration will be held during the summer of 2024.

Richard D. Caruso, 79

Richard D. Caruso, age 79, of Braintree, formerly of Bourne, died suddenly, Friday, Jan. 5, 2024 at home.

Richard was born in Quincy, to the late John J. and Marie I. (Serroni) Caruso. Raised and educated in Quincy, he was a graduate of Quincy High School, Class of 1963.

Richard lived in Braintree for twenty-five years, previously in Bourne for many years.

Richard owned and operated the Gray Gables Market in Bourne from 1974-1991. Prior to that, he owned a Pepperidge Farm route on the South Shore. He had been retired for many years.

A man of faith, Richard was a longtime parishioner of the Church of Saint Clare in Braintree.

Some of Richard's happiest memories were times spent at his mountainside home in Jefferson, N.H. with friends and family. He was an avid car enthusiast, especially antique cars, which began as a teenager with his 1939 Ford. One of his greatest passions was his love of music. He had an extensive and eclectic collection of vinyl records that ranged from one of the original red records by Enrico Caruso to Joni Mitchell to Pink Floyd. He had a lifelong interest in world history and loved to share his knowledge.

Devoted father of Leah M. Ames and her husband Kevin of Plymouth.

Loving grandfather of Jacob D. Ames.

Dear brother of the late C. John "Sonny" Caruso and his surviving wife Ann, and the late Robert J. Caruso and his surviving wife Barbara.



RICHARD D. CARUSO

Richard is also survived by his dear friends, Kjerste Soderberg and her family, and lifelong friend, Robert Saia, as well as many nieces, nephews, and their families.

Former husband of Annemarie (Haskins) Caruso of Plymouth.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Avenue, Quincy, on Wednesday, Jan. 10, from 4 - 7 p.m. Relatives and friends are invited to attend. A Funeral Mass will be celebrated in the Church of Saint Clare, 1244 Liberty Street, Braintree, on Thursday, Jan. 11, at 10 a.m. Interment to follow at Mount Wollaston Cemetery, Quincy.

For those who wish, donations in Richard's memory may be made to the Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284-9168.

A special thank you to the doctors, therapists and nurses at Aspire Health in Quincy, the caring nurses of Abel Home Care in Rockland and Kelli O'Leary, staff and all his friends at the Braintree Housing Authority.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

John F. Joyce, 70

John F. Joyce, age 70, a lifelong resident of Quincy, died peacefully, Friday, Dec. 22, 2023 at Brigham & Women's Hospital in Boston.

John was born in Quincy, to the late Francis and Stella (Walsh) Joyce. Raised and educated in Quincy, he was a graduate of Quincy High School, Class of 1971.

He was employed as a laborer with the Galvin Construction Company in Quincy for twenty years.

John was a member of the Adams Heights Men's Club in Quincy where he enjoyed many friendships.

He was an avid Boston sports fan.

Beloved father of Erin N. Bigham of Braintree and loving grandfather of Jessie



JOHN F. JOYCE

Bigham.

Devoted brother of the late Brenda Borkowski.

At the request of the family, memorial services will be celebrated at a later date.

In lieu of flowers, donations in John's memory may be made to the charity of your choice.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Irene C. Awed, 94

Irene C. (Aristide) Awed, age 94, a lifelong resident of Quincy, died peacefully, Sunday, January 7, 2024 at Boston Medical Center, surrounded by her loving family. Her death came just 12 days after the loss of her beloved husband, Carl.

Irene was born in Quincy, to the late Marziotto and Clotilda C. (Giarrusso) Aristide. Raised and educated in Quincy, she was a graduate of Quincy High School, Class of 1946. She worked at an insurance agency early on, and became a nursing home administrator later in life, and worked at the Kristen Beth Nursing Home in New Bedford for many years.

Irene was raised in a large Italian extended family where socializing was always centered around the dinner table. She was a gourmet cook, well-known for her soups and cookies, often delivering homemade specialties to anyone that was sick. She made weekly four-course meals for her family that were available for pick-up or dine-in. Irene was a very fashionable lady with a timeless sense of style. She wore high heels and drove a Porsche well into her 80s. She was an accomplished painter, and a long-time member of Quincy Art Association and the Museum of Fine Arts. A very well-read woman and an independent thinker, she could easily discuss events of the day, often with a sharp tongue and disdain for politics. She had an opinion on everything, which she would voice to anyone that would listen. Her wit, sarcasm and comedic sense of timing could have lent to a career in stand-up.

Most of all, Irene was devoted to taking care of her family, her late husband, Carl, her children, grandchildren, and her great grandchildren, supporting all their many interests, activities, and accomplishments. Beloved wife for seventy-three years of the late Carl A. Awed, with whom she shared an adventurous spirit. Together, they traveled the world sharing numerous cultural experiences, including making unforgettable memories at their home in Jamaica.

Devoted mother of Mark A. Awed and his wife Kathleen of Worcester, Carl A. Awed, Jr. of Quincy and his companion Tresan, Scott M. Awed and his wife Linda of Quincy, Alison L. Djerf of Quincy, Adam Awed, Kristen Awed-Ladas and her husband Mark of Quincy, and the late Carlene P. Awed.

Loving grandmother of sixteen and great grandmother of fourteen.

Dear sister of Marie C. Guidice of Quincy and predeceased by A. Ernest Aristide, Rose G. Gavin, and Joseph M. Aristide. Irene is also survived by many nieces, nephews, and their families.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Thursday, January 11, from 4 - 7 p.m. Relatives and friends are invited to attend. A Funeral Mass will be celebrated at Divine Mercy Parish in Saint Ann's Church, 757 Hancock St., Quincy, on Friday, January 12, at 10:30 a.m. Interment to follow at Mount Wollaston Cemetery, Quincy.

For those who wish, donations in Irene's memory may be made to Quincy Art Association, 26 High School Avenue, Quincy, MA 02169 or www.quincyartma.org.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.



IRENE C. AWED

whom she shared an adventurous spirit. Together, they traveled the world sharing numerous cultural experiences, including making unforgettable memories at their home in Jamaica.

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You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Red Cross Seeks Donors

The American Red Cross is experiencing an emergency blood shortage as the nation faces the lowest number of people giving blood in 20 years. Blood and platelet donors are urged to make a donation appointment to help alleviate the shortage and help ensure lifesaving medical procedures are not put on hold.

A local blood drive is scheduled for Monday, Jan. 29 from 1 to 6:30 p.m. at the Quincy Sons of Italy, 120 Quarry St., Quincy.

"Small changes in blood donor turnout can have a huge impact on the availability of blood products and dramatic consequences for those in need of an emergency blood transfusion," said Dr. Eric Gehrie, executive physician director for the Red Cross.

To make an appointment, download the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767).

More Obituaries online at
www.TheQuincySun.com

SERVICES

DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

Q-NQ Bows To Pembroke

Cont'd From Page 18

The same thing happened after that goal, with the team scoring again about 20 seconds later. And less than a minute after that, Pembroke scored again, taking a 5-0 lead.

However, QNQ responded with a goal of its own.

Forward Emily Lim stole the puck from a Pembroke player in QNQ territory, rushed down the ice, and put the puck in the back of the net unassisted with about seven minutes left in the first period to make it a 5-1 game.

Pembroke scored again later in the first period, so it led 6-1 after 15 minutes of play.

Pembroke continued its offensive success as the second period took place. It added four more goals unanswered, giving it a 10-1 edge going into the third and final period.

The third period was a low-scoring affair. QNQ got the lone goal in the final frame. With 6:54 remaining, forward Chloe Melchin

lit the lamp for QNQ. She scored on a second-chance opportunity, taking a second shot after Pembroke deflected the first one. Forwards Maggie Webber and Megan Caldwell had the assists on the goal.

Through five games played, this contest against Pembroke was tied for the highest-scoring affair QNQ had played this season. It played in another 12-goal game earlier in the season, when it fell 9-3 to Norwell at Rockland Ice Arena on December 20, 2023.

The game was the first of two meetings between Pembroke and QNQ this season. They will also play each other on February 7 at Hobomock Ice Arena in Pembroke (5:50 p.m. start time).

Q-NQ has a young team this season, with just two seniors. The roster for QNQ this season includes: senior goalie Tayah Quinn, freshman forward Mackenzie Ilacqua, junior forward/defender Madeline Case, sophomore defender Casey Perdios, sophomore forward/defender Siena Nichol, senior defender Caroline Snyder, freshman forward Lucy Morkan, junior forward Megan Caldwell, junior forward Ciara Folan, freshman forward Elizabeth Dawe, junior defender Ashlinn Folan, sophomore forward Emily Lim, eighth grade forward/defender Tess Ronan, eighth grade forward Caroline McGrail, junior forward Chloe Melchin, freshman forward Anna Green, eighth grade defender Audrey Perry, freshman forward Julia Christian, sophomore defender Lila Cook, and freshman goalie Amanda McCloery. The team's head coach is Jay Ronan.

The next game for QNQ will take place at home against the Brookline Warriors on Saturday, Jan. 13, at the Quincy Youth Arena (8 p.m. start time). The game is a rematch of an earlier matchup this season. QNQ bowed 4-0 to Brookline at Walter Brown Arena in Boston Dec. 27.



QUINCY-NORTH QUINCY forward Emily Lim moves the puck up ice in the first period. Lim scored QNQ's first goal in the first period in a 10-2 loss to the Titans Jan. 3 at Quincy Youth Arena.
Quincy Sun Photos/Larry Carchedi



QUINCY-NORTH QUINCY'S Mackenzie Ilacqua looks to move the puck up ice against Pembroke Jan. 3. Ilacqua is one of six freshmen on a young Q-NQ team.



CIARA FOLAN, captain for the Q-NQ girls' hockey team, cuts around Pembroke forward Riley Ready in the third period.



QUINCY-NORTH QUINCY'S Megan Caldwell battles Pembroke's Grace Kazolias in the second period at Quincy Youth Arena Jan. 3.

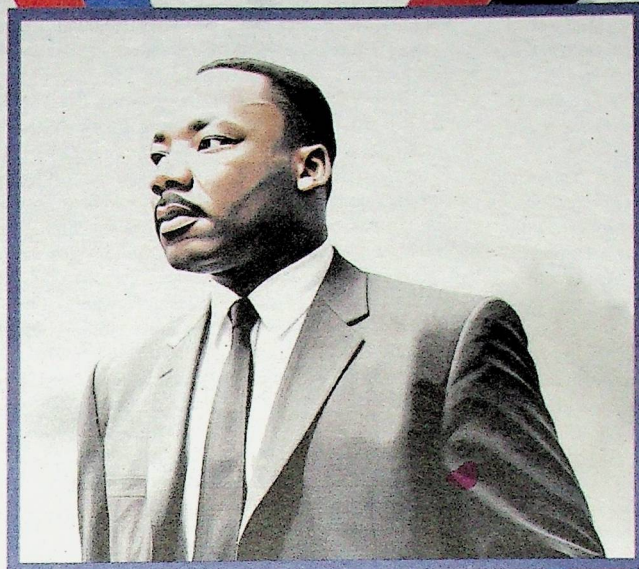


THE WOODWARD WILDCATS traveled to Peabody Jan. 3 to play non-league opponent Penguin Hall. Sophomore co-captain Nicole Leung scored 44 of the Wildcats' 46 points leading to the 46-45 victory, and a 4-1 record for the season. Co-captains and sophomores, Leilah Caruthers and Laila Whyte, played strong defense to keep the Wildcats in the game.

Photo Courtesy Keith Noble

"I have decided to stick with love.
Hate is too great a burden to bear."

Dr. Martin Luther King, Jr.



**Mayor Thomas P. Koch
Cordially Invites You To The**

MARTIN LUTHER KING JR. BREAKFAST

**Monday, January 15, 2024, 9:00 a.m.
Quincy High School Cafeteria**

Special Guest Speaker

**Ian C. Cain
City Council President**

